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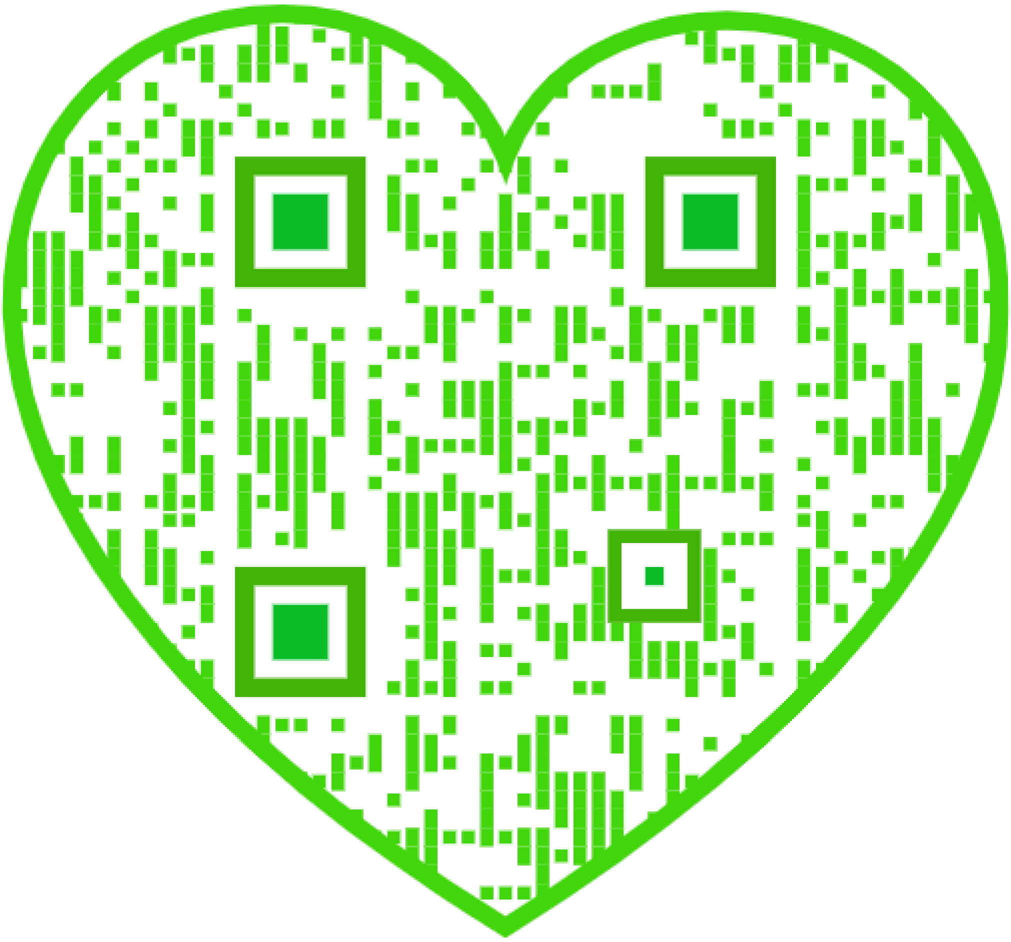

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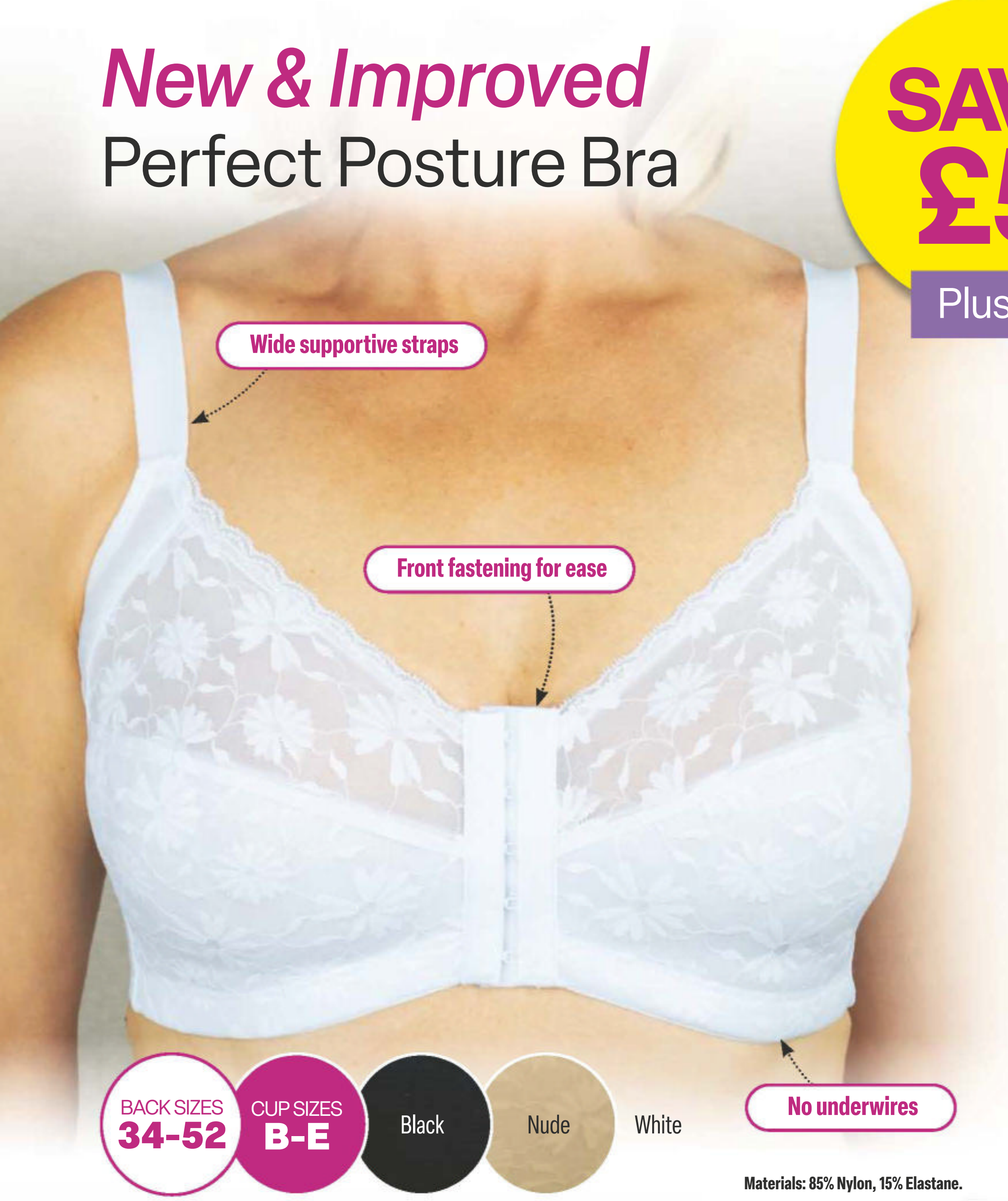

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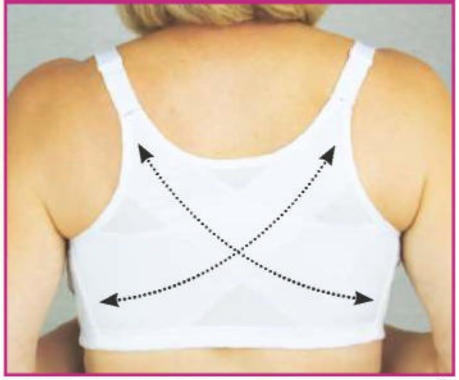

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this week in bella

Loose WOMEN

GET READY FOR LOOSE WOMEN: THE PODCAST

We can't wait for all the behind-the-scenes gossip from the ITV talk show

Good news, *Loose Women* fans. Your favourite ladies are about to spill even more of their secrets with the launch of *Loose Women: The Podcast*.

Sharing the news last week live on air, the show's anchor Kaye Adams told viewers, 'After more than 25 years on your TV screens, we're getting even looser. As if that was possible!' She added that they'd been inspired by last December's Talkathon, which saw the show's presenters engage in a 25-hour live episode to tackle important taboos, explaining, 'We started to have deeper conversations because we had the time.' The podcast, which launches on 4 March in celebration of International Women's Day, will air new episodes twice a week, every Tuesday and Friday, and will be available on all podcast platforms, as well as ITVX and YouTube. Each episode will see two *Loose Women* presenters – including Jane Moore, Nadia Sawalha and Ruth Langsford – sit down for an intimate chat, expanding on topics discussed in the previous week's shows, commentating on current news, offering more intimate glimpses into their own lives and answering questions from listeners at home.

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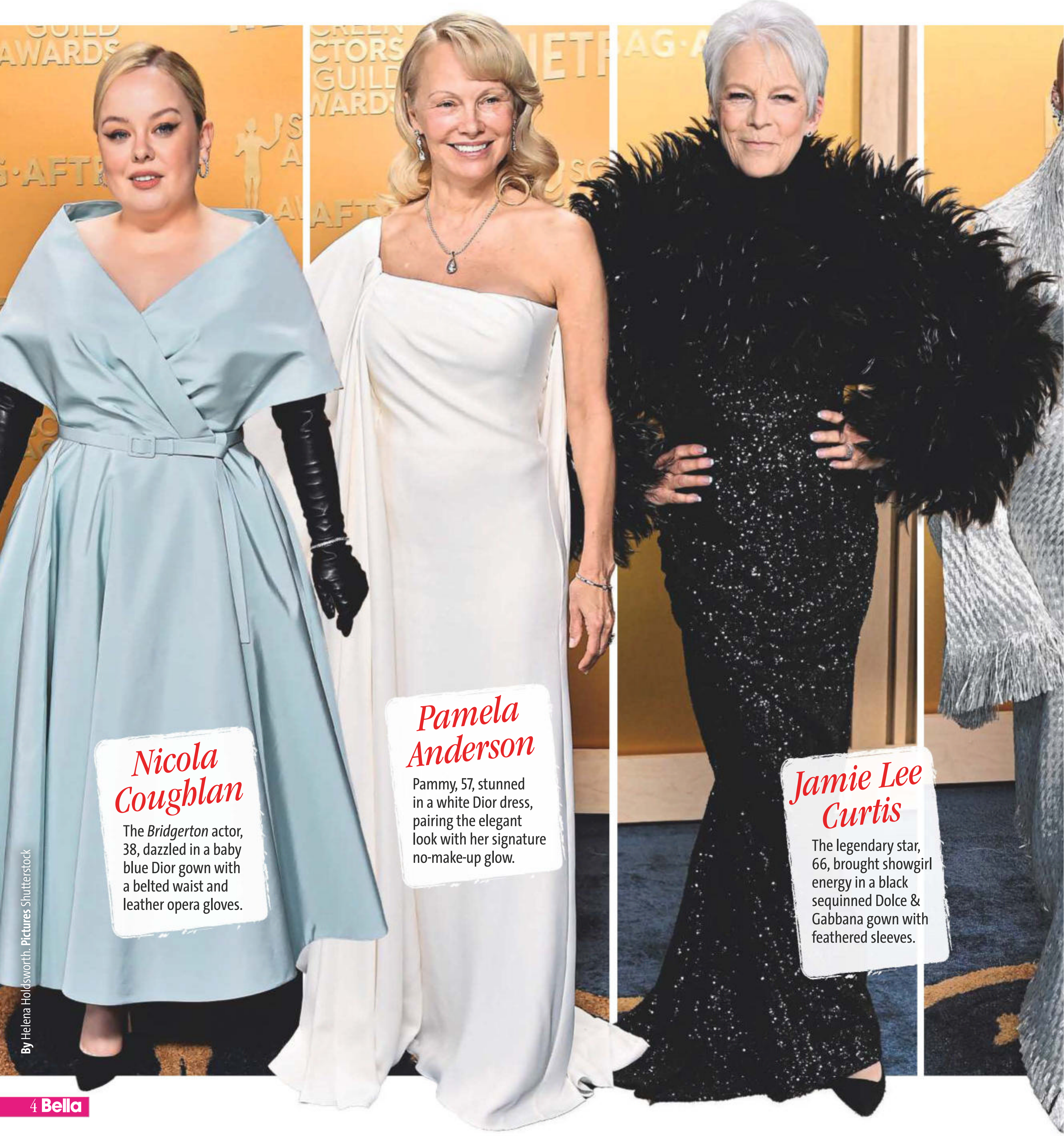
Pictures Ken McKay, ITV, Shutterstock **Cover pictures** IMAGO, Shutterstock

SAG Awards



Nicola Coughlan

The *Bridgerton* actor, 38, dazzled in a baby blue Dior gown with a belted waist and leather opera gloves.

Pamela Anderson

Pammy, 57, stunned in a white Dior dress, pairing the elegant look with her signature no-make-up glow.

Jamie Lee Curtis

The legendary star, 66, brought showgirl energy in a black sequinned Dolce & Gabbana gown with feathered sleeves.

By Helena Holdsworth. **Pictures** Shutterstock

2025 The looks that stole the show...

Cynthia Erivo

Actor Cynthia, 38, swapped Wicked green for Tin Man glamour in a Givenchy gown, adorned with a spiky mane of metallic frills.

Ariana Grande

Ari, 31, exuded fairy-tale charm in a whimsical floral gown. Designed by Loewe, it featured delicate blooms and a romantic silhouette.

Monica Barbaro

The *A Complete Unknown* actor, 34, turned up the heat in a fiery red Dior column gown with a daring plunging neckline, completed with dazzling Bulgari diamonds.

Gillian Anderson

X Files ledge Gillian, 56, captivated in a Carolina Herrera frock, embellished with flowers and a hint of sparkle.

Bridget revelations…

It may be only hearsay, but sources reckon they have sussed out who *Bridget Jones* author Helen Fielding based the character of 'Perfect Nicolette' on – Myleene Klass. In the new film *Mad About The Boy*, Nicolette – played by Leila Farzad – is a pushy and pristine mum of two, who drives a 4x4, wears cream and has musical prodigy children, compared to Renée Zellweger's scatty alter-ego. Helen and Myleene knew each other as their kids went to the same school. 'Myleene is one of those annoyingly perfect people, just like Nicolette. The similarities are uncanny and it is very much thought that Myleene was the inspiration behind Nicolette,' an insider said.

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Catherine's 'unmissable' Corrie comeback

The star is set to pull pints again as Eva Price

Catherine Tyldesley is reportedly returning to *Coronation Street*. The actor, 41, is rumoured to be reprising her role as barmaid Eva Price seven years after she quit the ITV soap in 2018. A source revealed that she will start filming scenes in the summer, ahead of her TV comeback later this year.

'Cath has been away for a while and worked on countless other projects but she really missed *Corrie*. They've tried to get her back a few times but the stars have never aligned,' an insider said. 'But when she was approached with the idea for Eva's return, it was too good of an opportunity to pass up. She's so excited and can't wait to get back on the cobbles and it's definitely not going to be a storyline to miss.' It's rumoured she may be taking over the Rovers Return pub.

Catherine – who has son Alfie, eight, and two-year-old daughter Iris with photographer husband Tom Pitfield – joined *Corrie* in 2011, but left to expand her career. Following her departure, she took part in *Strictly Come Dancing* in 2019, appeared in BBC comedy *Scarborough*, Channel 5's *The Good Ship Murder* with Shayne Ward – who played her *Corrie* boyfriend Aidan Connor – and Sky comedy *Brassic*, as well as a short-lived stage stint in *Bonnie & Clyde: The Musical*.

'I think all any actress wants is a varied career with lots of different characters to play and that's what I'm aiming to do,' she said in 2018.

But earlier this year, Catherine hinted that she wouldn't turn down a return to Weatherfield. 'They've asked me to go back a couple of times over the years, and it just so happened that I was busy with other projects. But if they approached me with an amazing storyline and the time was right, of course, I'd go back. So it's always a case of never say never,' she said.

SOCIAL MEDIA WARS

They may be in competition with each other to find the next winning act, but *Britain's Got Talent* judges Amanda Holden and Simon Cowell are also engaged in a battle of fans. Amanda, 54, has 2.5 million Instagram followers while Simon, 65, has 2.7 million. 'He recently realised I had more followers than he did. So of course, he wanted to overtake me, which he's done. That's slightly annoying,' she said. 'I think that's the main reason he's upped his game – but can he keep it up? I'm up there with his numbers and he can't quite believe it.' Amanda added, 'That's the competitiveness in him. He had a person following him around filming him with their phone.'

BYE-BYE BAKE OFF?

Prue Leith has revealed that she is considering leaving *The Great British Bake Off*. The 85-year-old chef – who joined the show in 2017, taking over as a judge from Mary Berry – admitted she's worried about the programme's toll on her as she gets older, having already stepped back from *Bake Off* specials. 'I'm doing this year's *Bake Off*, and I don't know if this will be my last,' she said. 'I definitely feel a bit older this year… Things like getting out of a chair take me longer than it used to. I don't like big steps without a handrail. None of these things worried me two years ago and so I'm very keen to leave *Bake Off* before I'm asked to leave.'

Piers's stalker hell

Piers Morgan has revealed he's been 'harassed' by a *Baby Reindeer*-style stalker. The former *GMB* presenter, 59, had been accused of abuse, harassment and fraud by Felicity Jane Lowde after his 2024 interview with Fiona Harvey, believed to be the woman depicted as Richard Gadd's stalker in the Netflix show. Piers – who has successfully won the case against Lowde – said, 'What she was trying to accuse me of was absurd, complete fantasy. She is a harasser, a bit like *Baby Reindeer*'s.' Lowde, who has targeted other celebrities, was previously jailed for six months in 2007 for stalking a survivor of the 2005 London bombings.

By Shereen Low. **Pictures:** Shutterstock, Instagram, Channel 4, Mark Bourdillon

WEEK IN PICS

Fergie's TV dream

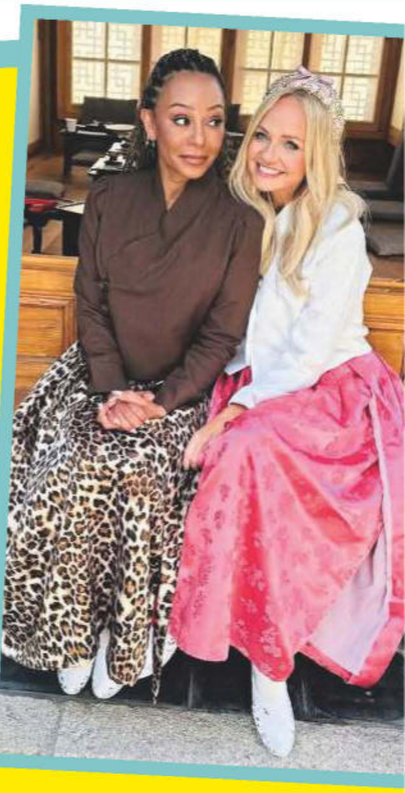
Sarah Ferguson is in talks to become a Loose Woman, earning £3k a show. The Duchess of York, 65, could join a rotating roster of panellists. 'She has been told there will be a chair with her name on it whenever she is ready,' an insider said.

Sun-savvy

Holly Willoughby made sure she stayed protected on the slopes as she applied sunscreen before going skiing. As the face of Garnier, the *Dancing On Ice* presenter, 44, used multiple products by the brand as she enjoyed her trip away.

Reunited!

Emma Bunton and Mel B, both 49, lived up to their Spice Girls personas as they wore traditional hanboks on a recent trip to Korea. 'Korea you have my heart. We had so much fun. The best tea experience I ever had,' Mel said.



Kate's had important conversations with Charles

The King's cancer treatment is ongoing

In
and
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The royals are trying to navigate through new 'challenges'

Having both received cancer diagnoses last year, it's been widely reported that Princess Kate and her father-in-law King Charles have grown closer in the months since.

Now, following claims that the monarch held a private meeting with the Princess of Wales last year regarding Prince William's future ascension to the throne, a royal insider reveals to *Bella* that the duo have also been holding crisis talks regarding the strained relationship the royal family have with Prince Harry and Meghan Markle.

A source says, 'Kate and Charles are in deep talks over everything that lies ahead, including certain obvious challenges – namely what to do about the Harry and Meghan situation.

'Kate is hopeful that the trust with Harry can be rebuilt step by step. She's not being loud about it but she's been having one-on-one conversations with Charles and trying to get him to reconsider how they handle things. But it's tricky because William has little interest in reopening that door.

'She's given up trying with William, for now, and is letting it rest. But with Charles, the door is more open, so she's trying to soften the walls with him whenever she can.'

Prince Harry, 40, and his sister-in-law Kate, 43, were once so close that the Duke of Sussex branded her as the 'sister I've never had and always wanted'. But the dynamic dramatically shifted in 2020 when Harry and Meghan, 43, stepped away from royal life in the UK and relocated to the States. The

> 'It's a delicate subject'

Camilla has battled with health issues of her own

Exclusive

side Kate Charles's risis talks

The royal brothers have been estranged for five years

move was a catalyst for the Sussexes to drop a litany of bombshells about their alleged experience as part of The Firm, which in turn led to the ongoing, years-long estrangement with the royal family. While Harry made a fleeting visit to see his father in the UK following his cancer diagnosis last year, it is believed that he and William, 42, are still not on speaking terms.

Kate and Charles have always been close, and their recent health issues have bonded them further – it was reported they were even in hospital at the same time receiving treatment, and would walk to each other's rooms to talk to each other.

At the end of 2024, reports surfaced that Charles had formally spoken to Kate – who is in remission from an undisclosed form of cancer – about 'her stepping into her role sooner than anticipated'. A source expanded, 'The bond between them is incredibly strong, as they've been a source of immense support to one another during their parallel battles with cancer. This is also why Charles has made a conscious effort to give her the space she needs to recover in preparation for the moment when he and Camilla pass the baton.'

Shortly after, it was alleged that as he continues his cancer treatment, the King is 'bestowing more responsibility on [William] and by all accounts is acknowledging that his time to rule will be sooner rather than later.'

> 'Charles is very torn'

And now, amid the increased talks about the future for the royals, a source adds to *Bella*, 'It's no secret that Kate is pushing to have Harry back in the fold in some capacity but it's such a delicate subject, so she's got to be very diplomatic about it. Charles is torn because as much as he still loves Harry, he cannot let his guard down and recognises that he needs to protect the monarchy and their reputation.'

Meghan has always denied the bullying allegations

Jason Knauf

'No regrets' over Meghan bullying claims

Prince Harry and Meghan Markle's former aide Jason Knauf has doubled down on his claims that the Duchess of Sussex bullied staff 'out of the royal household'.

Jason said he has 'no regrets', and when asked if it was tough to have the spotlight on him after the email leak, he replied, 'I wouldn't change anything.'

The Sussexes' former press secretary – who has also worked with the Waleses – explained, 'I think it's tough, but it's probably quite good. You know, someone who has been helping other people through how to deal with the public eye. You probably had to take your own medicine sometimes.'

In 2018, Jason allegedly sent an internal email reading, 'I am very concerned that the Duchess was able to bully two PAs out of the household in the past year. The treatment of X was totally unacceptable. The Duchess seems intent on always having someone in her sights. She is bullying Y and seeking to undermine her confidence. We have had report after report from people who have witnessed unacceptable behaviour towards Y.'

The purported message was leaked after the Sussexes quit royal life, but before they sat down for their infamous interview with Oprah Winfrey in 2021. Meghan has always denied the bullying allegations and a spokesperson for herself and Harry referred to the reports as a 'calculated smear campaign'.

Jason's TV interview made headlines amid a new chapter for Meghan, as she relaunches her brand, As Ever (formerly American Riviera Orchard), and takes the helm of a new Netflix lifestyle show, *With Love, Meghan*. The former aide also spoke of how the rift between Princes William and Harry has 'been hard and sad, especially for all of us who know both of them'. He described 2024 as being 'the lowest I've ever seen [William],' after Kate and Charles's cancer diagnoses.

By Millie Payne. **Pictures** IMAGO, Parsons Media, PA

Fiona: 'Life can still bring joy'

The TV star is opening up about her Alzheimer's journey in a new memoir

With husband Martin

After publicly revealing her diagnosis with Alzheimer's two years ago, Fiona Phillips is set to share details about her 'frightening' battle with the disease in a bid to show how life 'can still bring joy'. The former TV presenter will speak out about her new reality in a memoir published this summer.

Fiona – who was 61 when she discovered she had Alzheimer's – has co-written *Remember When* with her TV mogul husband Martin Frizell and journalist Alison Phillips. In the book, which will be out on 3 July, she will discuss early warning signs and how she coped with her gradual loss of memory and growing confusion, while Martin will also share his experience.

'I hope this book can show people a little about what it is like to live with Alzheimer's. How frightening and confusing it is. But also how much life can still bring joy and be valued,' Fiona said. 'And if you or someone you love is in the early stages of Alzheimer's, I hope this book brings you some comfort. I want you to know you are not alone.'

Fiona and her sons with Frank Lampard at a charity event in 2009

Publisher Ingrid Connell adds, 'As a broadcaster, Fiona was known to be warm, empathetic and honest, and those very qualities are what makes this book stand out. She refuses to sugarcoat the truth about Alzheimer's and her positivity and desire to help others impacted by the disease are inspirational.'

The 64-year-old star, who quit TV in 2018, was diagnosed with early-onset Alzheimer's disease in 2021 after months of suffering from brain fog and anxiety, which she had put down to menopause. However, she didn't announce it to the public until July 2022. Her 'devastating' and 'heartbreaking' diagnosis came after she lost her parents, paternal grandparents and an uncle to the disease. 'I knew it was in my family but I didn't ever let myself think it might affect me too one day, so I refused to recognise the signs. I'm not old and that made my diagnosis even harder,' she admitted.

Fortunately, tests have shown that her two sons Nathaniel, 26, and Mackenzie, 23, are unlikely to inherit the disease. 'There's no sign of Alzheimer's on Martin's side. I did a genetic test because we wanted our boys to be prepared in case things might change for them in the future and it came back almost 100% negative,' she explained.

> 'Know you are not alone'

Since her diagnosis, Fiona has opened up about her symptoms, which include anxiety, confusion and fatigue. 'It's awful but I keep

Hosting *GMTV* alongside Ben Shephard in 2008

having these moments where I think, "What's the word?" It doesn't happen all the time… just occasionally. And that's just not me at all,' she said.

A long-time ambassador for Alzheimer's Society, Fiona wants to raise awareness and has called for more research funding. In 2023, she revealed that she was taking part in a 'revolutionary drug trial' in the attempt to find a cure for the neurodegenerative disease. While she's unsure if she's on the new drug called miridesap, which is hoped to slow down or reverse the illness, or the placebo, she's taking it as a positive sign that the medication is working, which has already filled her with new hope.

'I'm on a clinical trial and the signs are positive. When I went for my six-month check-up in October, they did cognitive tests to see where my brain was at, which showed that I was in the same place as I was the previous year,' she said. 'I'm hopeful that the drug is holding the disease where it is.'

> 'I am not my diagnosis'

Fiona's book comes as her husband Martin, 66, makes his exit from *This Morning* this week, after a decade at its helm, so he can spend more time with his family. 'Next year I'm expecting my family priorities to change so I need to free up time for them,' Martin said last November. 'I love my team at ITV and will miss them and the thrill of live telly but it's an always-on, 24 hours a day, seven days a week commitment and I won't be able to do both.' Vivek Sharma, the show's current associate editor, will take his place.

Fiona and Martin – who have been married since 1997 – have often yearned for a quieter life, having previously run the Greyhound Inn pub in Dorset after he left *GMTV* in 2011, but it didn't work out as the couple had hoped, and they gave it up three years later.

Despite her condition, Fiona remains positive in her outlook. 'It's taken so many members of my family and now it's come for me, this bloody disease. But I am not my diagnosis, I am still me.' The former *GMTV* presenter added, 'I know I can still have a great life. I'm just getting on with things. I'm pretending it hasn't happened and not giving it any space in my life at the moment. Or as little as I can. I've still got so much I want to do.'

Fiona's keeping a positive outlook

By Shereen Low **Pictures** Pan Macmillan, Shutterstock, Getty

Lind
reall
awfu

Our favourite Loose Woman on Pauline, loss and single life

Linda enjoys spending time with her grandchildren

When we chatted to Linda Robson before Christmas, she spoke about her plans for 2025 – lots of new work, holidays and hanging out with her family.

However, soon into this year, it became clear that life was not panning out as the 66-year-old *Loose Women* panellist had hoped. Behind the scenes, she had been dealing with her *Birds of a Feather* co-star, and friend of five decades, Pauline Quirke's shock diagnosis of dementia.

On top of that, the sudden death of her friend, actor Paul Danan, was another cruel blow for Linda – who last year split from her husband of 34 years, Mark Dunford. We caught up with her to find out how she's doing.

We're so sorry to hear about Pauline Quirke – how is she?
We managed to keep it quiet, until her husband Steve decided it was time to release a statement. I'm going to see her next week. She's got a good family around her, her kids and her husband, so she's being well looked after. I've been speaking to her on FaceTime.

> 'Dating is too much trouble!'

Does she still know who you are?
No, but it's just nice to be there with her, and remembering the old days, and the fun we had.

Sometimes people with Alzheimer's or dementia remember the old days, rather than recent events...
Yes, well they say one in two people get dementia, and my mum had dementia, so I've been surrounded by it all my life. Back in the day, they wouldn't have known what dementia was. They would have thought you were just a dotty old woman, but at least now there is more awareness.

How long have you known about Pauline's dementia?
I've known for the last three years that she wasn't well. I managed to keep it a secret. It was very important that I did, because it was up to her family

Exclusive

a: 'It's been y hard... an ul year so far'

With Pauline and Lesley in 2022

when it was time for them to let everyone know. Steve was taking her away a lot, just to get her out of the country.

When did you notice something wasn't quite right?
I hadn't spoken to her for a little while, and I kept wondering why she hadn't returned my calls. Eventually, Steve phoned me back. Lesley [Joseph] and I went for lunch with her and that's when we realised something wasn't right with her, and that was three years ago.

Are you planning to have a fundraiser for her?
It would be nice to do something for her to celebrate all the amazing work she's done over the years. She never stopped working, and she was an amazing actress. I've been best friends with her since we were 10 years old, so it's been really hard.

You've been having a lot of girlie nights out with Ruth Langsford and Vanessa Feltz lately – how is that going?
It's been nice to get out of the house, because it's been a s**t old year so far, what with Pauline and Paul Danan, but hopefully things will get better.

You did *Celebrity Coach Trip* with Paul...
Yes, that's right. I travelled around Portugal with him for 10 days. I loved him – he was such a good boy, he really was. Lesley [Joseph] and I looked after him on *Coach Trip*, because he didn't have any money, so we helped him out with that, and then we got him presents for his little boy, DeNiro. I was away on a cruise when I found out.

'I've known for three years'

Do you have any other special memories of him?
I'd worked with him a few times. We did a thing called *Celebrity Quitters*, where we both gave up smoking. He had good parents in his life, and his son, DeNiro. Sometimes when I'm invited to a kids' showbiz event with my granddaughters, Lila and Betsy, we take him along.

On *Loose Women*

Are you dating at the moment?
No, I've said it before, but I'm not interested – I'm really not. It's too much trouble, and I can't be ar**d.

Vanessa Feltz said she'd like to take a leaf out of your book and adapt that same attitude?
She had a few dates, but they were disasters I think. But she's the same as me – she's got a lovely family around her and her children and grandchildren.

How are things going at *Loose Women*?
I really love it, and we were nominated for an award. We're the most-watched daytime programme.

Superstar Shirley Bassey is a big fan of the show!
Wow. Well, we'd love to have her on, but we've had some incredible names over the years like Whoopi Goldberg and Michael Bublé. Whoopi was amazing – she turned up without any entourage and did everything we asked. It turned out she was an *EastEnders* fan as well!

The *Birds* in their heyday

By Daisy Hall. **Pictures** insta @lindarobson58 Shutterstock

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Coleen Rooney leaves two white boards filled with instructions for her husband and her four boys when she's not there.

So we ask…

Should you still organise the family when you're away?

Coleen Rooney

No

'Our family is a team'

Kirsty Ketley, 44, parent consultant and freelance writer

While it may seem that micro-managing your family home from afar is an act of love and that it is needed, although not always easy, it is something I purposely avoid doing.

You see, when I am not there, the house and the people in it are not my responsibility and if I am meddling from a distance, to me, I am telling my husband that I don't trust him and that I undervalue him.

Sure, he may do things differently to me, and yes, there have been a few mishaps along the way, but my husband is an intelligent bloke and very capable of carrying on where I have left off. Taking a step back and letting him get on with things has not only meant he has become confident to take charge in my absence, but it has taken away some of the mental load from me, meaning that I have zero guilt when I am away and seldom worry how things are going.

Being less involved has also made our kids step up and be a little more responsible for themselves. Overplanning, I feel, can rob kids of the opportunities to learn resilience and independence, which are important life skills.

Ultimately, our family is a team, with hubby and I as the managers. Sharing responsibilities and giving everyone the chance to 'muck in' builds trust and makes everyone happy. Sometimes, the best way to support your family is to let go. Balance and trust, not control, is key.

Yes

'It means I can relax'

Hannah Doyle, 41, author

I can totally relate to Coleen. Like her, I recently headed Down Under for my first long trip away from my husband and twins since they were born eight years ago. I was so excited about the holiday – a birthday celebration, a family wedding and a book signing – but I also felt anxious about leaving my children, mostly because I was going to miss them like crazy.

Which is probably why I went into overdrive before I left. I love a list, so first up I put together a Word document called 'The Schedule'. I divided it into days and filled each one with bullet points for the kids' after-school commitments, homework deadlines and play dates. Then I meal planned, ordering two online food deliveries to make sure the fridge was fully stocked. Couple that with prompts to wash uniforms, change towels, and a mini demo on how the washing machine works…

The thing is, I knew perfectly well that everyone would be just fine without me. My totally capable husband didn't *need* the schedule. I think the overplanning just made me feel better about taking time away from them. And that meant I could totally relax while on a break from mum duties.

SHARE YOUR VIEW **…with Bella** online at **bellamagazine.co.uk** or on **facebook.com/bellamagazineUK**

By Paula Costas **Pictures** Shutterstock

‘I fell in love with lung donor’s brot

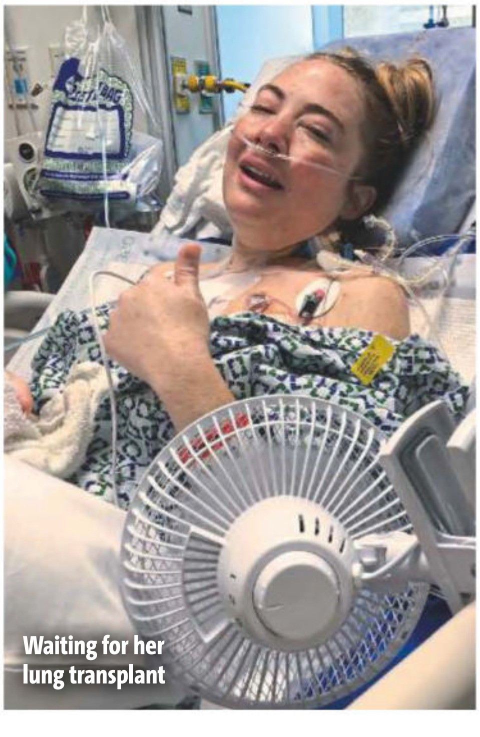
When Jennifer Ellis, 41, was given a second chance at life, she didn’t expect her miracle to bring her a husband too

As I listened to the calm voice on the other end of the line, my mind was whirring. ‘This is it,’ I thought. ‘It’s really happening.’ I’d been waiting three months for this phone call, and now it had come, I could barely believe it. The hospital had lungs for me.

I’d been born with a rare genetic condition called primary ciliary dyskinesia, which meant my lungs couldn’t clear mucus properly. Growing up, I’d constantly battled pneumonia, asthma and sinus infections but I’d managed to get by until 2015, when my health started to deteriorate in my 30s. Eventually, I would need to be on oxygen around the clock.

My doctor had worried I wouldn’t survive the wait for new lungs, but now, in September 2019, I was being thrown a lifeline. Yet it was bittersweet, because I knew it meant another family had just lost a loved one. As I set off for hospital, my thoughts were about them. I had tests to confirm the lungs were suitable, and the following evening, I was wheeled into surgery.

When I woke up, the nurse removed my oxygen tube, and I took a long, full, deep breath – something I’d never done before. As I exhaled, I whispered to my donor, ‘Thank you.’ The transplant had gone well, but recovery was hard. My body initially rejected the new lungs, but over time, things settled down. All I knew about my donor was that she was a 36-year-old woman like me. But, a few months on, I received a Christmas card from her family. They told me her name was Jill and her organs had saved six lives, including mine. She’d died suddenly from a brain aneurysm. When I discovered Jill was a mum of four, I felt overwhelmed with survivor’s guilt. I’d always wanted children, but with my health problems, it hadn’t been possible.



Waiting for her lung transplant

I wanted to wait before responding to her family, as I was still battling organ rejection and I didn’t want them to think her gift was failing. But, a year after the transplant, when my health was more stable, I wrote a six-page letter to them. I included some words from my family and friends because I wanted Jill’s loved ones to know the impact she had made, not just on me, but on everyone who knew me. Soon after, they replied and we had our first video call. When a big group of people appeared on screen, I just felt so nervous, but they were lovely. It was like meeting family.

> ‘I just felt so nervous’

Eventually we met up in person and Jill’s parents and siblings shared stories about her. They told me how she’d loved camping and music and how much I reminded them of her. I felt so welcomed, and I particularly hit it off with Jill’s younger brother, Travis, who was very funny and down-to-earth. ‘Jill was always trying to play matchmaker for him,’ his mum Teresa explained. ‘She wanted him to settle down.’

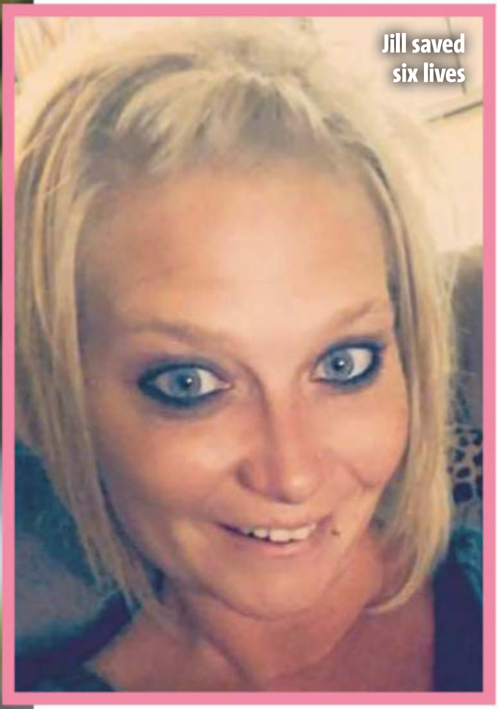
I felt a spark with him and we kept in touch. In August 2021, I went on a camping trip with the family and grew closer to Travis. He was always making me laugh, and he was kind, too, walking me back to my cabin at night and bringing me water with an ice pack to keep it cool.

One evening, as we sat by the campfire, I rested my head on his shoulder and that spark appeared again. I really wanted to get to know him

The couple couldn’t be happier

my her’

Travis and Jennifer


Jill saved six lives

better, but as we lived so far apart, it didn’t seem realistic. I couldn’t move because I had to be near the hospital, and Travis had children from a previous relationship near to where he lived.

However, it seemed like an unseen hand was guiding us together because a month later, I was a bridesmaid at his sister Nicole’s wedding. Travis and I danced all night, and at the end of the evening, I kissed him on the cheek. I really cared about him but I wasn’t sure how Travis felt about me. Then a few months later, I was staying with the family when Travis sent me a message. It read, *Would you ever think about going out with me?* I immediately had butterflies. I didn’t want to talk about it over text, so I told him we’d speak tomorrow. When I went downstairs to get a glass of water, Travis appeared beside me and said, ‘I want to be with you.’

‘Would you go out with me?’

Although I was thrilled, I hesitated – he’d have to give up a lot to be with me. He’d have to move away from his grown-up sons, and my health could be unpredictable. ‘I’d rather have one day with you than none at all,’ he said. But there was one last thing – his family needed to be OK with it. After all, this wasn’t an everyday romance. It had been a tragedy – the loss of their beloved Jill – that had brought me into their lives in the first place. However, I needn’t have worried.

‘I knew it!’ Teresa said. ‘At the wedding, we all saw it!’ Their only concern was that if Travis and I didn’t work out, they didn’t want to lose me. But really, there was no chance of that. Three months later, I was helping Travis move house, when he took my hand and dropped to one knee. He pulled out a beautiful diamond ring and asked me to marry him.

We set our big day for September 2024 and invited my doctors and transplant team to the wedding. We also reserved a seat for another very special guest – Jill. My dad, who was a pastor, conducted the ceremony. As he spoke about how Travis and I had got together, it was as though Jill was right there beside us. We all felt it, and when I looked around, there were tears rolling down every face. ‘Jill brought you two together,’ Teresa said. ‘She always wanted to play matchmaker for Travis, and now she has.’

I was never lucky enough to meet Jill, but this incredible woman means so much to me. She gave me the chance to live a life I’d only dreamt of, as well as the gift of love.

By Elaine Hayward and Lucy Laing **Pictures** Karen Akers

‘Ditching my dail Greggs treats he ME LOSE 5ST!’

Brenda Mitchell, 56, loved a sausage roll but she found determination and hasn’t looked back…

Walking down the high street towards work, I stopped off at my favourite place – Greggs. I simply couldn’t resist their baked goods and as I stepped inside the store, the staff at the counter treated me like an old friend. ‘Sausage roll and coffee, please,’ I said, before getting my loyalty card stamped. I also added a box of sugary doughnuts to my order too. Biting into the buttery pastry, I savoured the moment and tried not to think about the calories. At a size 22, I knew that my daily treat was too much but it was a habit I couldn’t shake.

Brenda is proud of how far she’s come

I’d eaten what I liked since having my kids, Lauren in 1995 and Daniel in 1999. The pregnancies gave me an excuse to eat for two, and I told myself I’d lose the weight afterwards, but I never did. I got divorced from their father in 2008 and became a single mum. Juggling two children alongside my job as a retail assistant at my local branch of WHSmith in Essex was hectic and I was the biggest I’d ever been since I’d had the kids.

With my 50th birthday approaching, I decided to try and lose some weight and get fitter, so I signed up for a nearby Race for Life and started training. By the time I did the 5k run, all the training meant I’d lost three stone and felt great. I treated myself to a slinky red dress to show off my figure for a night out with a friend. But the runners high sadly didn’t last, and I was soon back in Greggs ordering my favourite baked treats. And when the menopause kicked in, I comfort ate even more. I could never eat just a bit of something – if I opened a tub of ice cream or a bar of chocolate, the whole thing would be gone.

‘My mindset changed’

In May 2023, I went on a family holiday to Rhodes, but felt embarrassed and self-conscious about my size, and spent the whole holiday covering up in kaftans. And when I went back to work, I was finding that being on my feet all day was exhausting and I was struggling with back pain. I also felt ashamed by my lack of willpower. I’d gone to all that effort to lose weight around my 50th birthday only to pile it back on again. With winter approaching, I thought there was no point in trying to diet and lose weight as I could just hide away in my big coat. But I was just putting off what I knew needed to happen. Being so big was really getting me down. I wanted to feel better about myself as well as feel healthier too.

In February 2024, I came across a video posted by The One to One Diet by Cambridge Weight Plan

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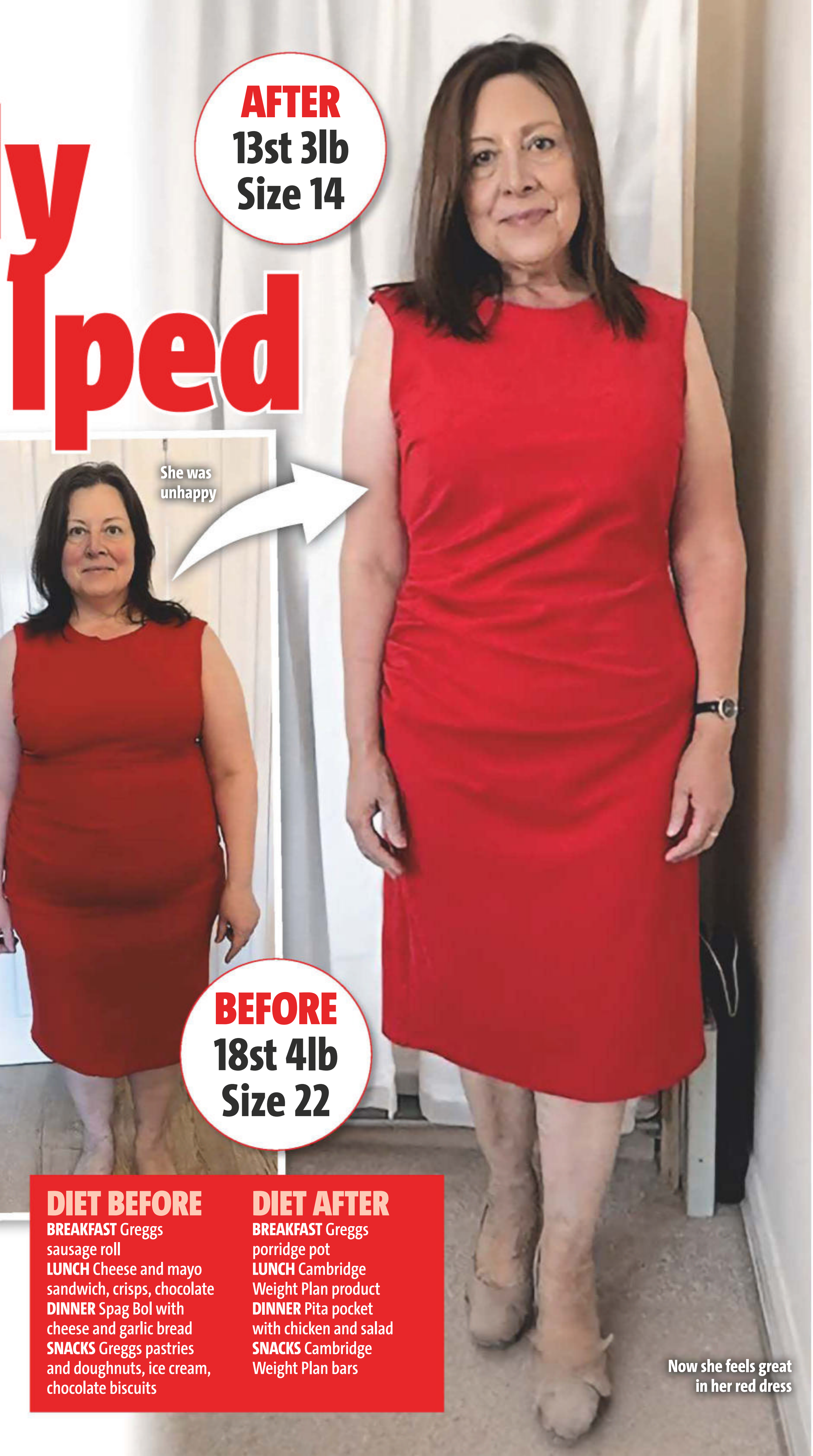


She was unhappy

Now she feels great in her red dress

DIET BEFORE	DIET AFTER
BREAKFAST Greggs sausage roll	**BREAKFAST** Greggs porridge pot
LUNCH Cheese and mayo sandwich, crisps, chocolate	**LUNCH** Cambridge Weight Plan product
DINNER Spag Bol with cheese and garlic bread	**DINNER** Pita pocket with chicken and salad
SNACKS Greggs pastries and doughnuts, ice cream, chocolate biscuits	**SNACKS** Cambridge Weight Plan bars

consultant Chloe Carroll on Instagram. Her account was called @thefridgeraiders and she posted funny and inspiring videos. She looked down-to-earth and approachable, so I dropped her a message and she asked if there was anything I'd like to aim for. Thinking about the red dress I'd worn after losing weight, I told her I would like to wear that again and feel fantastic in it. *Put it on and take a photo,* she said. *I'll never get into it!* I replied. But Chloe was insistent, so I got my sister to help me squeeze into it. 'Oh my God!' I said. I was 18st 4lb and a size 22 so it was so tight and I didn't like how I looked in it at all. Still, we snapped a photo which I sent to Chloe. *Hang the dress where you can see it every day,* she said. *Your goal is to fit comfortably into it again.* I did what she said and had a new determination as I swapped my Greggs pastries for the plan's meal replacement products. I stopped myself from feeling daunted by setting mini targets, such as dropping half a stone, then working towards the next 7lb loss. At work, regular customers noticed I was shrinking and gave me some lovely compliments, which felt great.

As the number on the scales dropped, my mindset began to change. By the summer I already felt so much better so I kept on going. By that November, I'd shed an incredible 5st so I treated myself to a new size 14 winter coat from Peacocks. I didn't need to hide myself away anymore. But my proudest moment was shimmying back into my red dress and easing the zip up – this time without any help from my sister. And I had room to spare!

Now I've discovered a love of vegetables and I snack on fruit. I'm so proud of all the hard work I've done. These days I still call into Greggs, but I've swapped the sausage rolls and sugary treats for a simple white coffee – no sugar – or a Greggs porridge pot made with water. I'm the slimmest I've been in my adult life, the last time I was this size I was a teenager which is such a great feeling.

● *Follow Brenda's consultant Chloe Carroll on Instagram @thefridgeraiders*

By Jade Beecroft

Advertisement

NEW NORDIC
Melissa Dream™
Restful sleep
Lemon balm helps to find sleep
Food supplement • 20 tablets
Lemon balm, green tea with L-theanine chamomile, vitamin B complex, magnesium

Results may vary. Always read & follow instructions prior to use.

Wendy's Melissa Dream story;

My Sleep Solution!

Problems had been accumulating over time. Life for me had turned into a state of near-permanent panic as I obsessed about all the problems facing me.

I couldn't sleep, I lost my appetite and I often suffered from migraines, brought on by stress, poor eating and the lack of proper sleep. Burn out was looming. I knew that I desperately needed a good night's sleep.

After reading about Melissa Dream™, a natural herbal supplement, I decided to give them a try and ordered a supply online. After only two days of taking the tablets, I noticed that I felt calmer and more positive because I was sleeping properly. I was relaxed in a way that was totally different to how I had been for ages.

I've been taking Melissa Dream™ for a month now and because I'm getting a good night's sleep, I'm so revitalised and full of energy that I know I can deal with anything life may throw at me.

My husband, family and friends have all noticed the difference – I'm back to my normal self and it feels great!

- Wendy.

TROUBLE SLEEPING?

DISCOVER THE SECRET TO QUALITY SLEEP WITH NEW NORDIC MELISSA DREAM™

You'll spend almost one-third of your life sleeping, but while you're asleep, your brain remains amazingly active, creating memories and storing information. Some even think that our dreams can help us make sense of our lives but that's not the only thing that sleep can help you do. Your physical health, mood, cognitive abilities, and even your body weight depend on the quality of your rest. Here is the secret to getting the good night's rest you've always dreamed of.

ALWAYS FEEL REFRESHED

Many sleep and nutrition experts recommend checking that your vitamin and mineral intake meets your daily needs. Melissa Dream™ tablets from New Nordic™ are a Scandinavian herbal-based tablet with extracts and vitamins that will work to help maintain a restful sleep that lasts all night long. They can help you feel refreshed when you wake, without making you feel sluggish like prescription sleeping pills can sometimes do.

NATURALLY DRIFT OFF

The Melissa Dream™ tablet is based on a combination formula made from lemon balm, chamomile and green tea with L-theanine plus vitamin-B and magnesium. Just two tablets before bedtime will provide the correct nutrients for both nerve and brain functioning. These will accumulate in your body over time and make drifting off a lot easier (and quicker).

HOME DELIVERY

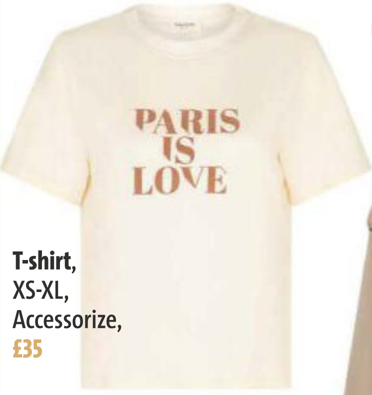
Order Melissa Dream™ today and get it delivered straight to your door.

Scan the QR code to visit newnordic.co.uk

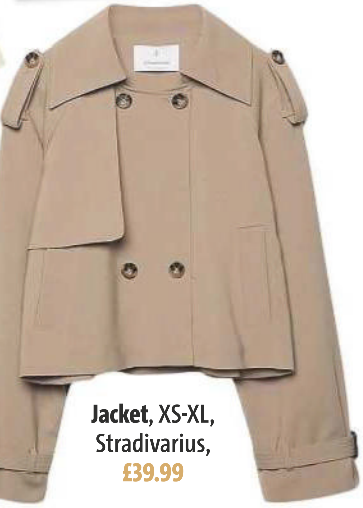
Call Us
0800 389 1255
Happy to assist

amazon   Holland&Barrett   – INDEPENDENT – Health Food Stores

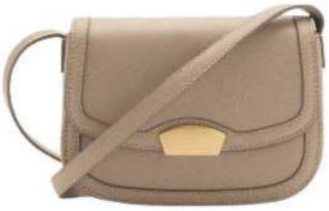
Fitted Skirt



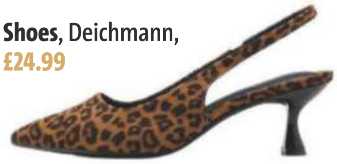
T-shirt, XS-XL, Accessorize, £35



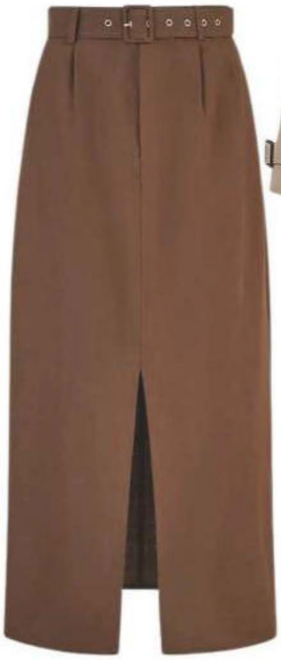
Jacket, XS-XL, Stradivarius, £39.99



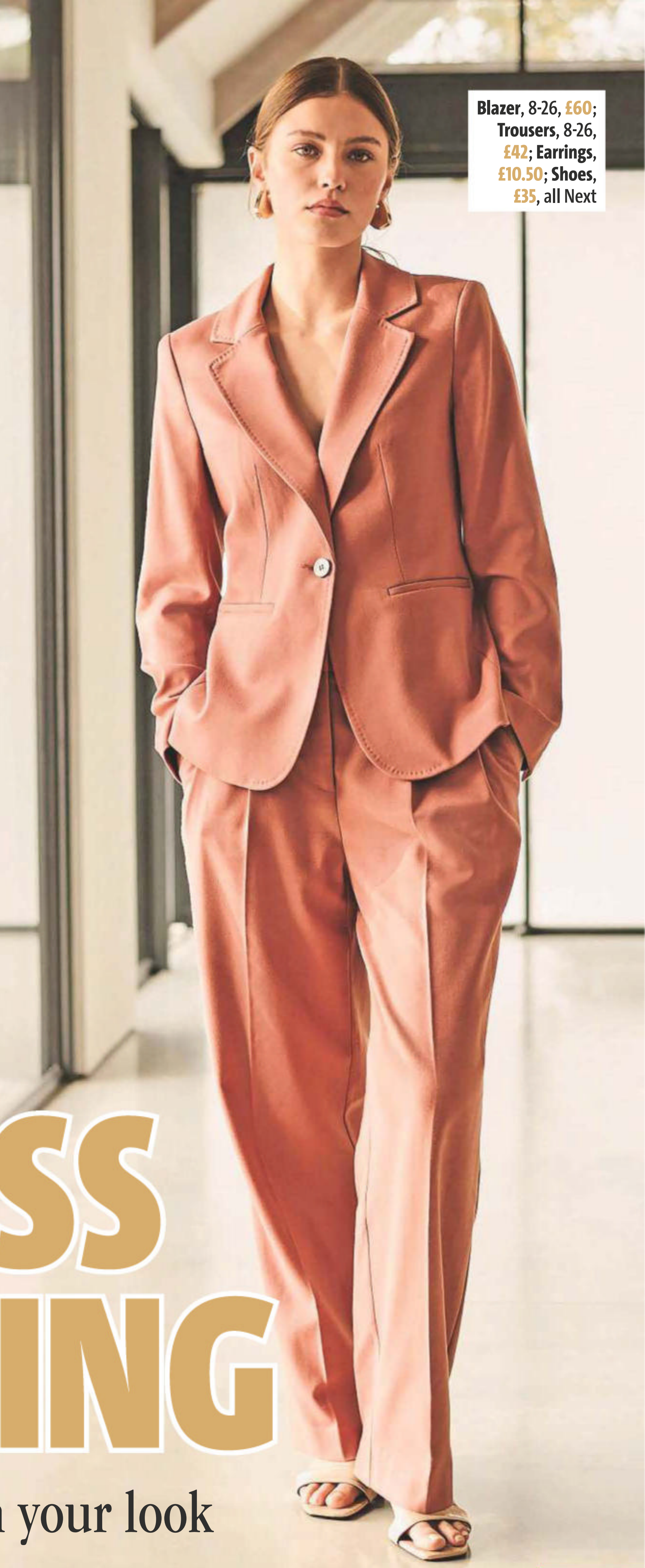
Bag, Mango, £25.99



Shoes, Deichmann, £24.99



Skirt, 8-26, Yumi, £55



Blazer, 8-26, £60; **Trousers**, 8-26, £42; **Earrings**, £10.50; **Shoes**, £35, all Next

TIMELESS TAILORING

Sleek separates to transform your look

Continued over the page...

Modern Suiting

Blazer, 4-26, Mango, £49.99

Shirt, XS-XXL, H&M, £14.99

Bag, John Lewis, £45

Wear this coloured set together and then mix and match each half with other separates

Shoes, Primark, £16

Trousers, 4-26, Mango, £35.99

Wonder Waistcoat

Shirt, 6-22, Next, £38

The waistcoat was a massive hit last season and looks set to stay in 2025 – they're perfect for layering over T-shirts and blouses

Jeans, XS-XXL, H&M, £22.99

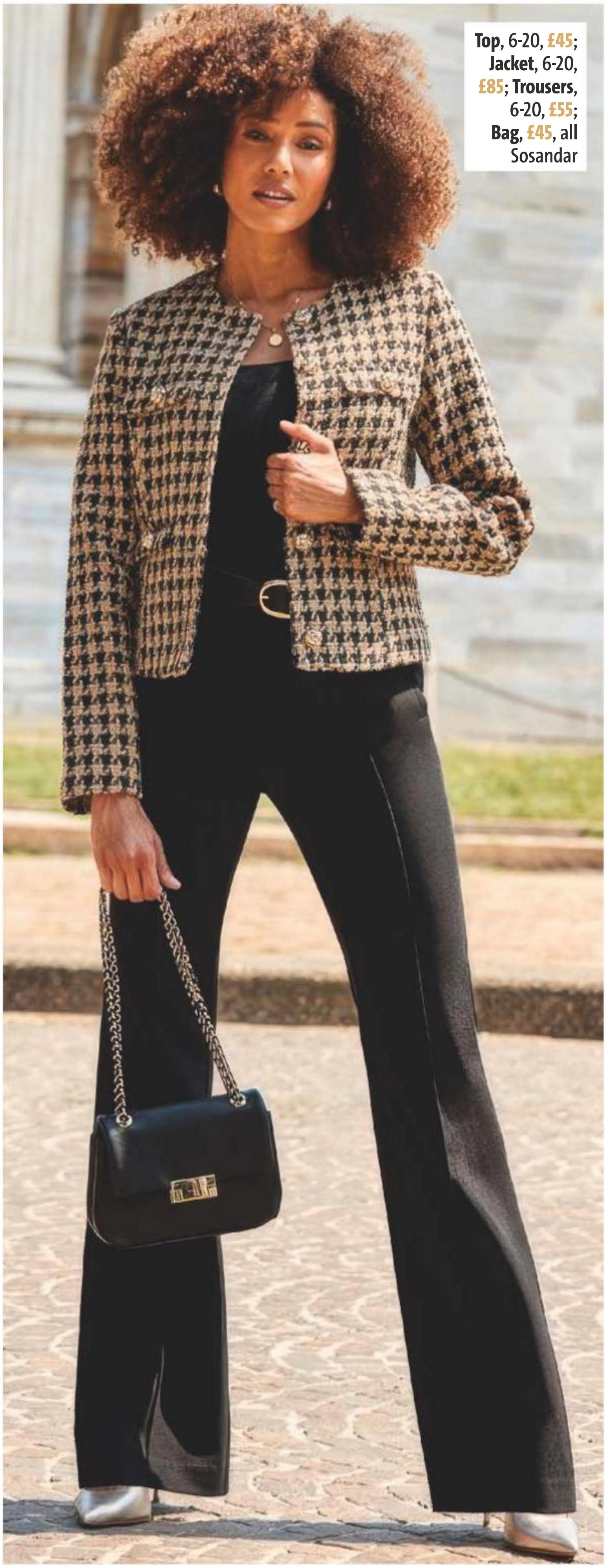
Earrings, &Other Stories, £18

Waistcoat, 6-22, New Look, £34.99

Trainers, River Island, £38

A pastel blazer will give a simple ensemble a new-season spin

Blazer, 8-22, £50; **T-shirt**, XS-XXL, £15; **Jeans**, 8-22, £29; all Cotton Traders; **Sunglasses**, Stylist's Own



Top, 6-20, £45; **Jacket**, 6-20, £85; **Trousers**, 6-20, £55; **Bag**, £45, all Sosandar

Day-to-night Top

Trousers, 6-22, F&F, £22.50

Top, 6-18, River Island, £35

Earrings, Oliver Bonas, £22

Well-placed pleats and seams will cinch your shape in all the right places

Bag, Accessorize, £25

Shoes, New Look, £22.99

Smart Shorts

Sunglasses, Peacocks, £6

Shirt, 6-24, Marks & Spencer, £25

City shorts will fast become your go-to in the warmer months. Look for zingy shades for added oomph

Bag, Marks & Spencer, £49.50

Shorts, XS-XXL, H&M, £14.99

Trainers, H&M, £27.99

By: Matilda Stanley

SELL YOUR STORY FOR CASH!

Win! 2x £150 in cash!
FIND THE Money!
LOOK FOR
Diet Club
My pla
slimmi
Shame game
Top tip
Walk 10,000 steps
Diet before
Diet now
Child's play

WANT TO SHARE YOUR SUMMER TRANSFORMATION TALE?

EARN UP TO £1000!
T&Cs APPLY

Gemma's life was affected by her weight problems, and she panicked when her husband booked their first holiday with their son. She feared not fitting into an airplane seat. This kickstarted her weight-loss journey and, determined to slim down for the trip, she lost 7st.

Gemma used The Story People to share her summer transformation story, and you can too.

The Story People

Fill in the 5-minute form on our website to find out what you could earn today or email us at mystory@bauermedia.co.uk

StoryPeople
SHARE YOUR REAL LIFE STORY WITH OUR TOP UK MAGAZINES!
You get more cash when you come to us DIRECT

thestorypeople.co.uk

scan me!

New Look, £27.99

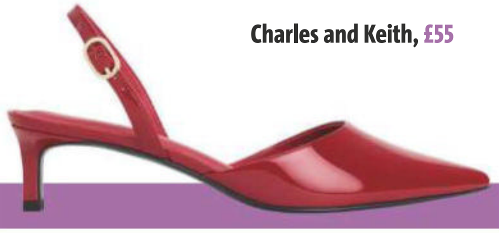
Bershka, £35.99

Purr-fect Pair

Step into style with these kitten heel slingbacks

From £14!

Queen Letizia of Spain



Charles and Keith, £55

Primark, £14

Stradivarius, £29.99

Next, £34

Mango, £45.99

M&S, £29.50

Next, £39

Office, £39.99

Tu at Sainsbury's, £20

Zara, £35.99

By Ella Shire. **Pictures** Shutterstock

Make-up 1

Ace Your Base

Heavy make-up can sit in fine lines, making them look more pronounced, so opt for a lightweight foundation with added hydrators. **IT Cosmetics Your Skin But Better CC+ Natural Matte with SPF 40**, £38, will moisturise while providing coverage, leaving you with a healthy, radiant glow. If you feel like you need more coverage, sparingly dab **Makeup Revolution Conceal & Define Concealer**, £4.99, onto areas of concern, such as dark spots and under-eyes. Not only will it visibly brighten your complexion, but it will also minimise the visibility of pores without leaving behind any build-up. Finally, set your look with a fine powder, like **Trigwell Cosmetics Velvet Setting Powder**, £16, to prevent creasing.

it
YOUR SKIN BUT BETTER
CC+
NATURAL MATTE
Color Correcting
Pore Refining
Full Coverage Cream
+
Skin Balancing Serum
SPF/FPS UVB
40
REVOLUTION
CONCEAL & DEFINE
TRIGWELL
COSMETICS

e.l.f.
pixi
On-the-Glow
BRONZE

Rare Beauty

Cheer Up Cheeks

The number of pigment-containing cells in our skin decreases over time, leading to a pale, lacklustre complexion. Luckily, a pop of blusher and a subtle contour will restore that youthful glow with minimal effort. Start applying **Pixi On The Glow Cream Bronzer**, £18, at the highest point of your cheekbone and blend for a lifting effect. For a fresh finish, apply **Rare Beauty Soft Pinch Luminous Powder Blush**, £26, along your cheekbones in circular motions using a brush such as **e.l.f. Liquid Blush Brush**, £5. This will accentuate your cheeks and make them appear fuller and perkier.

01

Take your routine back to basics with these anti-ageing tips

Brighten Eyes

As we age, the delicate skin around our eyes can be prone to drooping, and the brows and lashes can get thinner. However, with some clever tricks, you'll be able to make your peepers pop without emphasising fine lines. Skip the thick eyeliner and try 'tightlining' – a make-up artist-approved method where pencil is applied to your waterline, making eyes appear larger. **No7 Pro Artist 12 Hour Artist Pencil**, £12.95, glides on smoothly, allowing you to avoid tugging while providing long-lasting colour. Next, apply lashings of **Charlotte Tilbury Exagger-Eyes Volume Mascara**, £28, to lift and add volume. Finally, lightly fill your eyebrows in with **Anastasia Beverly Hills Brow Wiz Deluxe**, £13, to frame your face – even J.Lo is a fan of this easy-to-use pencil!

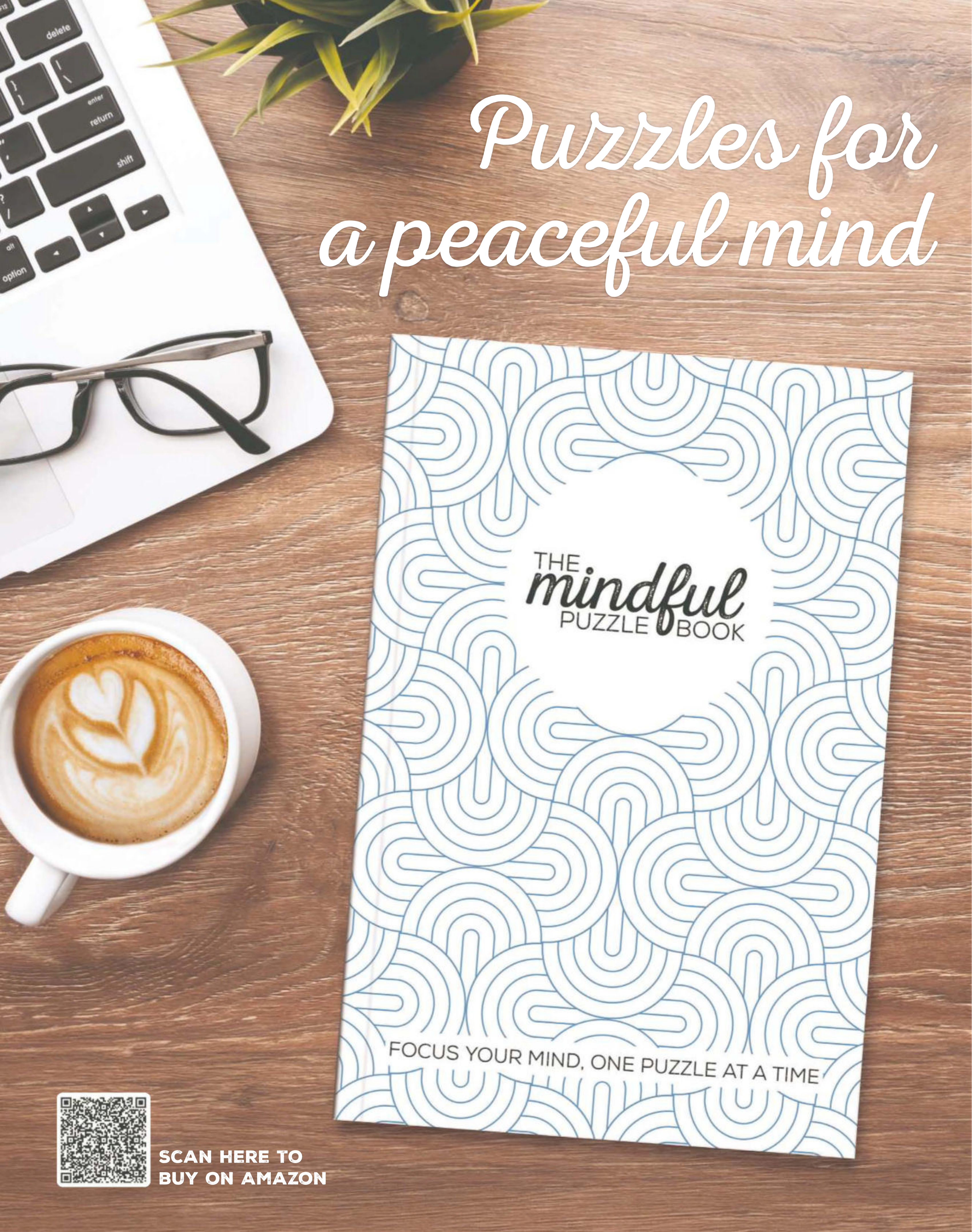
EXAGGER-EYES
VOLUME MASCARA
No7
PRO ARTIST
12-HOUR ARTIST PENCIL
BROW WIZ
ANASTASIA
BEVERLY HILLS

Perfect The Pout

If you're finding your pout is disappearing, then you're not alone – menopause and declining collagen levels usually affect plumper areas, like our lips, the most. Restore your pout by buffing away dry, dead skin using **Dr. PawPaw Scrub & Nourish**, £9.25. The easy-to-use treatment is packed with aloe vera and olive oil to nourish, while the sugar scrub leaves lips feeling soft and supple. When it comes to your lippie, go for a creamy, hydrating formula with a sheen – rather than a drying, matte option – in a nude shade. **Pat McGrath Labs Satin Allure Lipstick**, £27, provides top-tier colour and is packed with collagen to plump. In need of some extra definition? Carefully line lips with **Refy Blur Liner**, £16, before applying your lipstick – this age old trick will also stop your lippie from fading throughout the day.

Dr. PAWPAW
SCRUB & NOURISH
REFY

By Phoebe Denman. **Pictures** Shutterstock


Puzzles for
a peaceful mind
THE
mindful
PUZZLE BOOK
FOCUS YOUR MIND, ONE PUZZLE AT A TIME
SCAN HERE TO
BUY ON AMAZON

Get Your Greens

Supercharge your beauty routine with these nourishing buys

ORIGINS
DRINK UP INTENSIVE
Overnight Hydrating Mask with Avocado & Swiss Glacier Water

Overnight Wonder

Apply this leave-on face mask as the last step of your evening skincare routine to deeply hydrate skin while you sleep. Avocado and glacier water work to smooth and plump skin with moisture. **Origins Drink Up Intensive Overnight Hydrating Mask, £28**

KIEHL'S
CREAMY EYE TREATMENT
with Avocado

Eye Opener

The skin around our eye area is much more delicate, therefore benefits from a dedicated eye cream. This ultra-creamy formula uses avocado and shea butter to provide intensive moisture without any irritation. **Kiehl's Creamy Eye Treatment with Avocado, £30**

MARIO BADESCU
SKIN CARE
FACIAL SPRAY WITH ALOE, CUCUMBER AND GREEN TEA
2 fl oz ℮ (59 ml)

Magic Mist

A facial spritz is a quick and easy way to rejuvenate your complexion. This aloe vera, cucumber and green tea mist delivers a burst of refreshing moisture. It can also be used as a make-up setting spray. **Mario Badescu Facial Spray With Aloe, Cucumber And Green Tea, from £6**

TROPIC
SUPER GREENS
nutrient boost oil
vitamin C, tamanu, kale and broccoli seed oils
CERTIFIED ORGANIC

Skin Protector

Load up on the antioxidant-rich benefits of broccoli, kale and avocado with this pollutant-fighting face oil. Massage three to six drops into your skin to keep it looking radiant and feeling resilient. **Tropic Super Greens Nutrient Boost Oil, £44**

Q+A
APPLE AHA
Exfoliating Gel
75ml ℮ 2.5fl.oz

Smooth Criminal

This exfoliator combines the naturally occurring malic acid, found in apples, with lactic and glycolic acids to gently refine uneven texture. Massage a thin layer into skin before rinsing off to reveal a brighter complexion. **Q+A Apple AHA Exfoliating Gel, £9**

GLOW RECIPE
AVOCADO CERAMIDE MOISTURE BARRIER CLEANSER

Hydrating Cleanse

Melt away make-up and impurities while delivering long-lasting hydration. Thanks to a blend of avocado oil, oatmeal and ceramides, this cleanser visibly soothes and strengthens your skin barrier. **Glow Recipe Avocado Ceramide Moisture Barrier Cleanser, £25.31**

sukin
AUSTRALIAN • NATURAL
SUPER GREENS
NUTRIENT RICH FACIAL MOISTURISER
NORMAL TO DRY SKIN TYPES
125mL / 4.23fl.oz ℮

Glow Getter

Boost your routine with a lightweight moisturiser that's brimming with kale, spirulina and parsley. The nutrient-packed greens hydrate and nourish, leaving skin with a healthy-looking glow. **Sukin Super Greens Facial Moisturiser, £10**

Lanolips
101 OINTMENT

Juicy Fruits

Keep your pout looking plump with a fruit-fuelled balm. Antioxidant-rich apple extracts fight harmful environmental elements and pollutants to keep your lips feeling soft and supple. **Lanolips 101 Ointment Multi-Balm Green Apple, £8.99**

Compiled by: Emma White

THE FOOD LOVER'S DIET

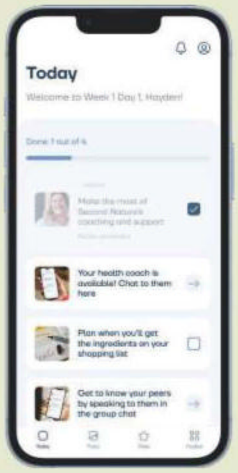
SECOND
NATURE

Lose 7lb in seven days!

We've teamed up with Second Nature, the NHS-trusted digital programme that aims to 'rewire' your brain so you can change your mind about healthy living. Second Nature can help you reach your health goals and lose weight without harsh restrictions, feeling hungry or avoiding social situations. This exclusive plan will help you to lose weight and feel energised while eating lots of delicious foods – so it's perfect for foodies who don't want to feel restricted or deprived! You can lose up to 7lb in seven days, then a healthy 1-2lb a week after that.

HOW IT WORKS

- Eat three meals a day that are lower in refined carbohydrates and sugar and cooked from whole foods; you'll feel fuller for longer.
- You can lose weight without missing out by eating foods that feel – and taste – indulgent, like cheese and cream.
- Create extra servings and store them in the fridge or freezer for another day to save time. You will see we've repeated meals so you get to enjoy them more than once and save on prep time.
- Make water your main drink of choice, ideally plain or in caffeine-free teas. This will help with hydration, concentration and hunger. Try to avoid caffeinated tea or coffee after midday so it doesn't impact your sleep.


Today

Welcome to Week 1 Day 1, Hayden!

Done: 1 out of 4

Make the most of Second Nature's coaching and support ☑

Your health coach is available! Chat to them here

Plan when you'll get the ingredients on your shopping list ☐

Get to know your peers by speaking to them in the group chat

- If there is a five-hour gap between meals, have a healthy, protein-rich snack. Choose those high in protein, fats from whole foods, and vegetables. Good choices are tinned fish, yogurt, cheese or apple slices with nut butter.

YOUR MEAL PLAN

The recipes in this eating plan have been developed by the registered nutritionists and dietitians at Second Nature. They're designed to keep you feeling fuller for longer, so you can lose weight without feeling hungry. They are made entirely from whole foods, naturally lower in refined carbohydrates and sugar, and simple to prepare, using similar ingredients to save money and time. Where the recipe has oil use extra-virgin olive oil.

Day 1

Breakfast

Blueberry oat pancakes

Makes 4 servings

Blend 2 bananas with 3 eggs, 100g oats and ½tsp salt. Heat a frying pan over a medium heat with 1tbsp butter. Cook the pancakes in batches. Add 100g blueberries. Freeze leftovers for day 6.

Lunch

Savoury slice

Makes 8 portions

Preheat the oven to 180°C/gas 4. Whisk 6 eggs and 4tbsp plain flour, then add 225g grated Cheddar cheese; a 300g tub cottage cheese; 2 courgettes, chopped; 3 spring onions, sliced; 2tbsp oil and a pinch each of salt and pepper. Pour into a baking pan, and bake for

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

35-40min. Serve one portion with a side salad or roasted vegetables.

Dinner

Beef bourguignon

Serves 4

Preheat oven 180°C/gas 4. Brown 800g diced beef in a slow cooker dish in 1tbsp oil until browned. Add 1 stick celery, diced; 3 carrots, sliced; 200g

onion, sliced, and cook for 5 mins. Add 2 garlic cloves, finely diced; 5 thyme leaves; 2tbsp tomato purée, and cook for 2min. Add 300ml red wine or stock, and season with salt and pepper. Cook all on the hob for 1hr, then add 200g mushrooms, sliced, and add more stock or wine if needed. Cook for another hour on a low heat, or 30min on high heat until sauce thickens. If needed, you can add 1tbsp cornflour mixed with a dash of water.

Day 2

Breakfast

Yogurt bowl

Serves 1

Pop 150g plain Greek yogurt or a dairy-free alternative in a bowl. Add toppings of your choice, like a medium handful of berries (fresh or frozen), 1tbsp ground flaxseeds and 1½tbsp chopped nuts of your choice.

Lunch

Smoky Mexican beans on toast

Serves 4

Heat 1tbsp oil in a frying pan. Cook 1 brown onion, diced; 2 red peppers, diced; and 2 garlic cloves, minced, until browned. Add a 400g tin chopped tomatoes, 2 x 400g drained tins of kidney beans, 2tsp smoked paprika and ½tsp cayenne pepper. Mix and season to taste. Cook for another 10min. Add 2 handfuls spinach and cover the pan with a lid to wilt the spinach. Toast 1 slice of wholemeal bread per serving and top the toast with bean mix.

Dinner

Goats cheese, pea and basil frittata

Serves 4

Fry an onion, chopped, and 1 garlic clove, chopped, in 1tbsp oil in a non-stick pan for a few min, then add 1tsp balsamic vinegar. Cook until the onion is softened and caramelised. Set aside on a plate. In a bowl, combine 8 eggs, 50ml milk, and 1 small handful of basil. Season and mix well. Add 1tbsp butter to the same pan and fry 1 small courgette, finely diced, and 250g defrosted frozen peas for 2-3min, until just softened. Add the onion and garlic back to the pan and pour the egg mixture over the vegetables. Stir to combine and cook on a low/medium heat for 5-8min until the egg starts to set slightly. Heat the oven to grill. Dollop 100g goat's cheese evenly on top of the frittata, then place the under the grill until it begins to brown. Leave to cool before slicing and serve with a side salad and fresh basil on top.

Day 3

Breakfast

Toasted muesli

Makes 10 servings

Preheat oven to 160°C/ gas 3. Combine 200g rolled oats; 45g desiccated or flaked coconut; 45g pumpkin seeds; 150g nuts, roughly chopped; and 1tsp ground cinnamon together. In a separate bowl, whip 1 egg white until it forms soft peaks. Add 85g melted butter and the egg white to the dry ingredients and mix well. Evenly spread the mixture onto a lined baking tray. Bake for 30-35min until golden. Check at 15min and mix lightly. Turn the oven off and leave the muesli in with the door slightly ajar until it cools. Once cool, store in an airtight jar and consume within one week.

To serve, mix 40g of the muesli with 100g yogurt, 100ml milk and refrigerate overnight. Add toppings of your choice like fresh or frozen berries.

Lunch

Bean and tomato soup

Makes 4 servings

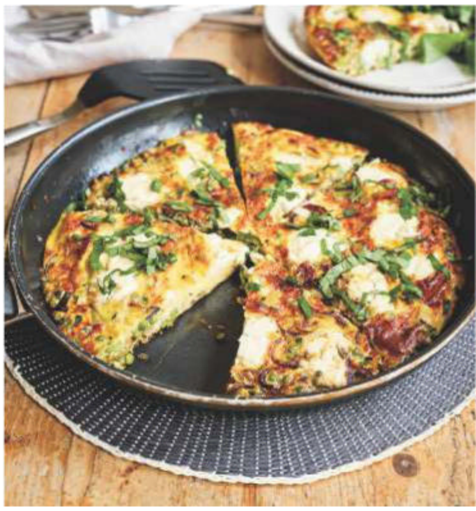
Fry 2 large carrots, chopped, and 1 medium onion, diced, in a large saucepan in 1½tsp oil ,until softened. Add 2 garlic cloves, minced, for an additional 2min. Add 2 x 400g tins chopped tomatoes and simmer for 25min. Add 2 x 400g drained and rinsed tins of cannellini beans and 500ml vegetable stock. Season and simmer for additional 10min. Turn off the heat, add 300ml single cream and blend until smooth. Top with fresh basil and serve (save servings for day 5).

Dinner

Lamb Rogan Josh

Serves 4

Season 700g diced lamb with salt and pepper. Heat 1tbsp oil in a deep casserole dish, over a medium heat. Quickly fry the lamb on all sides, until browned, then transfer to a side dish. Fry 1 white onion, diced, in the leftover oil in the pan, until lightly coloured. Stir in 120g rogan josh curry paste and 100g coconut milk, and fry for 2min. Return the meat to the pot, and mix well. Add small amounts of water until the sauce becomes thick. Reduce the heat and simmer on low, until tender (up to 1hr). Check halfway through and add more water if dry. Stir 100g baby spinach in just before serving, and top 1tbsp yogurt per serving.



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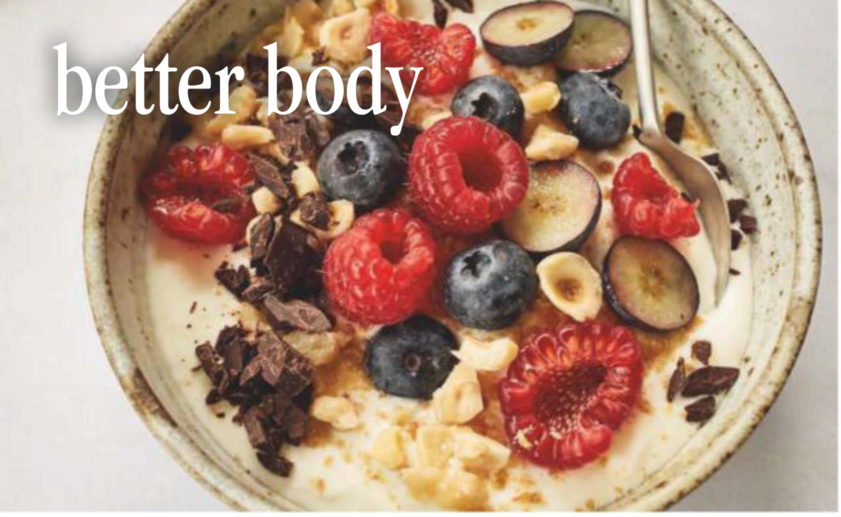


Day 4

Breakfast

Yogurt bowl from day 2

Lunch

Leftover savoury slice from day 1

Reheat in the microwave for 2min and add side salad or roasted veggies.

Dinner

Creamy salmon

Serves 4

Season 4 skinless and boneless salmon fillets, then fry for 5-8min in 1tbsp oil, flipping once to brown the top, or cooking to your preference. Set aside and, using the same saucepan, cook 2 garlic cloves, minced, and fry until softened. Add 250g asparagus spears and 250g frozen peas, and stir for 3min. Add 300ml vegetable stock, salt and pepper, and reduce the heat to simmer for 10min. Stir in 300ml single cream, 1 large handful fresh parsley and dill, and stir for a further 2min. Add the salmon fillets back into the creamy sauce and serve.

Day 5

Breakfast

Toasted muesli from day 3

Lunch

Leftover bean and tomato soup from day 3

Add roasted chickpeas or wholemeal sourdough for a filling meal.

Dinner

Chicken fajita bake

Makes 4 servings

Preheat the oven to 200°C/gas 6. Heat 1tbsp oil in a frying pan, over a medium heat. Cook 600g raw chicken (breast or thigh) for 5min and set aside. Fry a medium white onion, diced, and 2 red peppers, diced, for 8min. Return the chicken to the pan, add 1tsp chilli powder, 2tsp smoked paprika, 1tsp ground cumin, ¼tsp ground cayenne pepper and a pinch of salt and pepper. Stir well. Transfer chicken mixture to an oven-proof dish and sprinkle with 80g grated Cheddar cheese. Bake for 10min. Serve the mixture in lettuce leaves with a dollop of sour cream, a sprinkle of coriander and a squeeze of lime.

Day 6

Breakfast

Leftover blueberry oat pancakes from day 1 (thaw before eating)

Lunch.

Bang bang prawns

Serves 4

In a bowl, mix together 4 garlic cloves, finely diced; 2tbsp ground paprika; 1 chilli, finely diced; and a little salt and pepper. Thoroughly coat 800g raw prawns, peeled, in this mixture. Heat 2tbsp oil in a large pan/wok over a medium/high heat. Add the prawns and fry until pink. Reduce the heat to low and add 2tsp dried chilli flakes, 2tbsp chilli sauce and the juice of 2 limes. Stir for 1min. Serve with 2 limes, cut into wedges, and 6tbsp mayonnaise, along with a side salad of 2 carrots and a cucumber julienned into matchsticks.

Dinner

Lamb pitta pizza

Serves 4

Preheat oven to 180°C/gas 4. Brush 4 pitta breads with 1tbsp oil and bake in the oven for 2-3min to crisp slightly. Add 1tbsp oil to a non-stick frying pan and fry 1 small brown onion, chopped, until softened. Add 500g lamb mince; 1 clove garlic, minced; 1tbsp ground cumin; and a pinch of salt and pepper. Fry on a high heat until browned. Add 1 large green pepper, diced, and 200g mushrooms, sliced, and fry until slightly softened. Pour the excess liquid from the lamb mixture out the side of the pan. Brush the pitta breads evenly with 2tbsp tomato purée, then coat evenly with the lamb and the vegetable mixture, and sprinkle with 100g grated Cheddar or mozzarella cheese. Bake in the oven for 5-8min, until the cheese is melted and the bread is slightly crisp around the edges. Top with 1tbsp natural yogurt each and coriander, and serve.

Day 7

Breakfast

Savoury scrambled eggs

Serves 1

Sauté 1 garlic clove, minced; 100g mushrooms, sliced; and 100g tomatoes, sliced, in 1tbsp oil. Wilt 2 handfuls of spinach. Keep warm. Scramble 3 eggs in 1tbsp butter over a low heat, stirring constantly. Season with chive or basil. Serve the eggs with the sautéed vegetables, half an avocado and 1 slice wholemeal sourdough toast.

Lunch

Leftover chicken fajita bake from day 5

Heat up the leftover mixture and serve in lettuce leaves with sour cream, coriander and lime.

Dinner

Throw it all together

Serves 4

Preheat the oven to 200°C/gas 6. Oil a large, ovenproof baking dish with 1tbsp oil and set aside. Add 400g butternut squash, diced; 2 large handfuls of spinach; 1 red onion, diced; a 400g drained tin of chickpeas; 50g sun-dried tomatoes; 30g chorizo or smoked tofu, diced; and 2 red peppers, diced, to a large mixing bowl. Season, add 1tbsp mixed herbs and 1tbsp oil, and mix well. Add the vegetable mix to the ovenproof baking dish and bake for 50min, or until softened and golden. Stir at the halfway point. Serve alone or top with yogurt and parsley or salad leaves.

SECOND NATURE

50% OFF A SECOND NATURE MEMBERSHIP

The Second Nature app uses behavioural science to retrain your mind to make healthy choices automatically, so these stick in the long-run. For 50% off your first month of the non-medication programme, enter the code 'BELLA50' at the checkout. Code valid until 4 June 2025. To sign up, visit secondnature.io and take your health quiz to get started.

By Julia Smurthwaite. **Pictures** Shutterstock, Second Nature

This week we're...

Keep up-to-date with the latest trends in the foodie world

FOLLOWING...

More people than ever are looking for sustainable, local food, and farmers' markets are perfect for offering an alternative to supermarket goods, helping reduce air miles and contribute to local economies. Online platform Pedddle connects people with local markets and friendly traders across the UK. Visit pedddle.com or @pedddleuk or follow on Facebook.

COOKING...

If time is short, but you still want to 'scratch cook', Quorn's frozen mince and pieces can now be cooked in just 10 minutes. Yes, a freshly made spaghetti Bolognese in next to no time. Quorn has also teamed up with @mealswithmax on Instagram to create a series of recipes to help give you your time back! Available in most supermarkets, from £2.50/300g.

DRINKING....

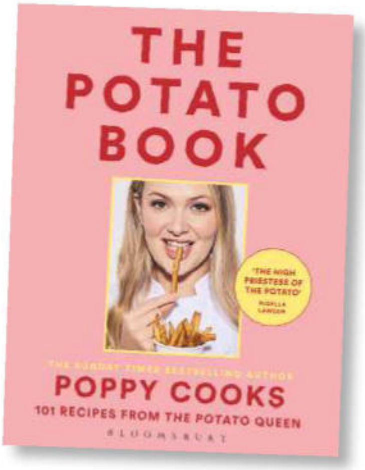
Whittard of Chelsea's new Pistachio Hot Chocolate, with flavours of nutty, roasted pistachios, is an indulgent moment of luxury. Make with hot milk, or your preferred milk alternative, and sit back and enjoy. You can also try it as a cold milkshake! From whittard.co.uk online and in-store, £10.95/350g (17 mugs).

EATING....

Happy Pear's range of granolas are made from all natural, plant-based ingredients and are full of fibre, with no added sugar, making them the perfect way to kickstart the day. The Cocoa Crunch and Dreamy flavours can be enjoyed with milk, yoghurt or eaten straight from the bag! Available at thehappypear.ie and Amazon. £4.99/350g.

KITTING OUT THE KITCHEN....

Eggs have fast become our go-to protein hit – whether it's poached with avo on toast or a boiled egg and soldiers (whatever your age!) for breakfast, or an omelette for lunch. The Egg Cooker from Salter features cooking options for soft, medium or hard-boiled eggs, and a tray for poaching eggs or making omelettes, and its compact size means it can be stored away easily. You can also save 87% off your energy bill. Available at salter.com, £29.99.



READING....

Whether you like them fried, baked, mashed or roasted, *The Potato Book* by chef and self-titled potato queen Poppy O'Toole (Bloomsbury, £22), is packed with delicious recipes using the humble spud. From moreish wedges, to her sensational 15-hour potatoes (delicious), every kitchen will benefit from having a copy on the shelf. Available at most bookshops and on Amazon.

By Hayley Merrick. **Pictures** Pr images/Shutterstock/Ellis Parrinder

Eat yourself beautiful

Recipes for radiant skin, gut health and wellbeing

Tip

Rainbow chard is full of skin-clarifying riboflavin and zinc, as well as biotin, essential for healthy skin, hair and nails. Goat's cheese is easier to digest than cow's.

Rainbow chard, tomato & goat's cheese tart

Serves 8 Takes 55min-1hr 5min, plus cooling

- Coconut oil, for greasing

BUCKWHEAT AND HAZELNUT PASTRY

- 150g buckwheat flour
- 100g finely ground hazelnuts
- 30g arrowroot
- ½tsp Himalayan salt
- 2½tbsp macadamia oil
- 1 large egg, lightly beaten
- 1tbsp apple cider vinegar (unpasteurised)

FILLING

- 1tbsp olive oil
- 1 small brown onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 200g rainbow chard, roughly chopped
- Finely grated zest of 1 lemon
- Himalayan salt and freshly ground black pepper
- 100g soft goat's cheese
- 150g cherry tomatoes, halved
- 1 small handful basil leaves, roughly chopped
- 1 small handful thyme leaves, roughly chopped
- 6 large eggs
- 160ml almond milk

1 Preheat the oven to 200°C/fan 180°C. Lightly grease a 23cm loose-based fluted flan tin with coconut oil. Refrigerate.

2 For the pastry, place the buckwheat flour, ground hazelnuts, arrowroot and salt in a large bowl and stir to combine. Add the macadamia oil, egg, 1½tbsp water and vinegar and stir to form a sticky dough. Press the dough evenly into the base and sides of the tin. Prick the base several times with a fork. Bake for 15min, or until crisp and golden brown.

3 Meanwhile, to prepare the filling, heat the oil in a large frying pan over low heat. Cook the onion and garlic, stirring occasionally, for 10min, or until softened and beginning to caramelise. Add the chard and cook for 1-2min, until wilted. Remove from the heat. Add the lemon zest and season with salt and pepper.

4 Scatter half of the goat's cheese over the base of the tart. Arrange the chard and onion mixture over the top. Scatter with the tomatoes, basil and thyme. Scatter with the remaining goat's cheese.

5 Lightly beat the eggs together in a medium bowl. Add the almond milk and beat to combine. Season. Pour the egg mixture into the tart. Bake for 25-35min, until the egg is set and the top is golden brown. Leave in the tin for 10min to cool slightly. Remove from the tin and slice to serve.

Fig, pomegranate, radicchio, orange & feta salad

Serves 4 *Takes* 15min

- 2 oranges
- 3 ripe figs
- 1 head of radicchio
- 1 pomegranate, seeds removed
- 150g marinated feta, drained and crumbled
- 80g walnuts, lightly roasted
- 2 large handfuls of mint leaves, torn

DRESSING

- 60ml red wine vinegar
- 1½tsp Dijon mustard
- 1tsp raw honey
- 80ml extra-virgin olive oil
- Himalayan salt and freshly ground black pepper

1 *To prepare the dressing, whisk the vinegar, mustard and honey together in a small bowl. Gradually pour in the oil, continuously whisking, until fully incorporated. Season with salt and pepper. Set aside.*

2 *Using a small sharp knife cut off and discard the orange skin. Slice the oranges into approximately 1cm-thick rounds. Roughly tear the figs into quarters. Roughly tear the radicchio into pieces.*

3 *To assemble, arrange the orange, fig and radicchio on a large serving plate. Drizzle with half of the dressing. Scatter with the pomegranate seeds, feta, walnuts and the mint. Drizzle with the remaining dressing.*

Tip

Radicchio contains inulin, a prebiotic, which also increases bile production and helps us utilise skin-loving fats.

Tip

Buckwheat is rich in rutin, an antioxidant that helps protect your body and brain from inflammation and collagen degradation. Use buckwheat flakes if you can't find groats.

Chocolate, orange & buckwheat crunch balls

Makes 18 *Takes* 15min, plus soaking and chilling

- 6 medjool dates, pitted
- 200g buckwheat groats (or use flakes – see Tip)
- 40g cacao powder
- 100g desiccated coconut
- 2tbsp almond butter
- 2tbsp tahini
- 1tsp vanilla bean powder
- ½tsp ground cinnamon
- Finely grated zest of 1 unwaxed orange
- Pinch of Himalayan salt
- 60g raisins, roughly chopped
- 2tbsp cacao nibs

COATING

- 20g cacao powder
- 30g desiccated coconut
- 70g pistachios, finely ground

1 *Soak the dates in 125ml boiling water for 10min, or until softened.*

2 *Toast the buckwheat groats in a dry frying pan over low-medium heat for 3-4min, until golden brown and nutty. Set aside to cool.*

3 *Place the dates and any remaining liquid, cacao powder, coconut, almond butter, tahini, vanilla, cinnamon, orange zest and salt in a high-speed blender. Blend until the mixture begins to bind together.*

4 *Transfer into a medium bowl. Add the cooled toasted buckwheat, raisins and cacao nibs and stir to combine. Roll into 18 equal-sized balls. Roll six balls in cacao powder, six in desiccated coconut and six in finely ground pistachios to coat. Place on a tray and refrigerate for 1hr, or until firm.*

The Beauty Chef
CARLA OATES

These recipes are taken from ***The Beauty Chef* by Carla Oates** (Hardie Grant, £27)

Edited by: Hayley Merrick **Recipe:** Carla Oates **Pictures** Rochelle Seator, Justine Kerrigan, Luke Schuetrumpf

Have you got 'normal marital hatred'?

You love your partner, but also loathe them. Here's how to deal with it…

Ever wondered why there are times when your significant other is the person you really can't abide? 'There are going to be moments when you look at your partner, and there is a part of you that just hates their guts,' says Terrence Real, author of *Us: Getting Past You & Me to Build a More Loving Relationship* (Penguin, £10.99) and the therapist who coined the phrase, normal marital hatred. 'Welcome to marriage. Welcome to long-term relationships.'

Cath Fisher

'Try a bit of humour and avoid getting defensive'

Relationship therapist Cath Fisher (cathfisher.com) agrees. 'Normal marital hatred is the feelings of irritation and resentment which happen in long-term relationships,' she says. 'While they feel intense when they flare up, it doesn't mean that somebody actually hates their other half. The feelings are about an ongoing frustration, which becomes a normal part of a marriage or relationship. It is normal to wake and really dislike your partner as they've left the bathroom in a mess, but then to have forgotten about it by teatime.'

While common, normal marital hatred should be monitored. 'Watch that these matters stay as niggles rather than becoming corrosive underlying issues, or symptomatic of the other person checking out of the relationship and stopping caring,' says Cath. 'It's also important to differentiate normal marital hatred from abusive situations, where one partner is trying to control the other.'

Understand the cause

So why do petty irritations spark feelings of hatred in us? 'When people come to therapy, they'll sit down and talk about incidents which sound everyday, but have triggered other feelings from childhood,' says Cath. 'For example, if a husband is always working late and the wife is upset because it's triggered something for her. Perhaps she had a distant or absent parent and her husband's absence reminds her of that feeling of abandonment. The husband may have his own baggage – perhaps he didn't feel valued by a parent and interprets

Couples' therapy can help

his wife's irritation at his working late as not appreciating his efforts for the family. You can see how a mutual normal marital hatred can be inflamed.'

Terrence says there are three phases of love: harmony, disharmony and repair. We can recognise that 'in love' feeling where we can't see any flaws in our beloved – but when we take off our rose-tinted glasses and see that other person for who they are is a crucial stage.

'The disillusionment phase is critical,' he says. 'It's the stuff of intimacy. It's the collision of your imperfections and how we handle it. And it's ongoing. Those phases can occur 20 times during one dinner conversation or span over decades of your marriage or long-term relationship. Unfortunately, our culture doesn't equip people to deal with that disillusionment.'

Thankfully, with a little bit of awareness, we can navigate normal marital hatred.

Cath has this advice to counteract normal marital hatred: 'Try a little bit of humour and avoid getting defensive. You could say, "Do me a favour. I'll stop nagging at you if you put your cup in the dishwasher." Avoid going on the attack and really think about the way that you word things.'

If that doesn't work, Cath suggests sitting down with your partner to have a proper discussion. 'Take care to frame it as how it makes you feel rather than a direct criticism,' she advises. 'For example, if your partner uses all his spare time to pursue his hobby, leaving little time for you, keep the description of the behaviour neutral and avoid blaming, but explain how it makes you feel – lonely and sidelined. You're just letting somebody know how you're feeling about a certain situation rather than going on the attack.'

'A marriage needs effort and attention'

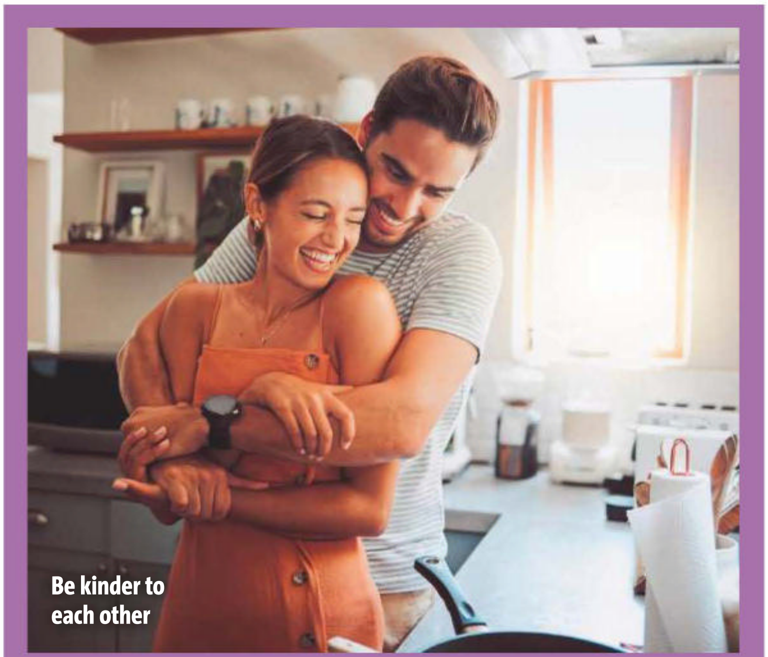
Invest in love

Cath says negotiating normal marital hatred is an ongoing process. 'Consider all of the investment that you put into marriage – your time, your energy, your finances,' says Fisher. 'You wouldn't go and buy a car and not have it serviced. A marriage is the same – it needs effort and attention. You need to be quite intentional about where you want it to go. Get into the habit of noticing when strong feelings flare up. Try writing down the loudest thoughts you experience, as self-awareness will help you avoid getting overwhelmed by interactions with your partner and overreacting.'

Understanding normal marital hatred can help us see the big picture. 'If you can get to a place where you recognise that, although your partner comes in and leaves their shoes out but overall they're a great person, while the issue won't disappear, you will get a perspective on it,' says Fisher.

'And remember to be aware of your partner's needs. It can't be simply you being aware of your own triggers and requirements.

'In a healthy relationship, the idea is, if you aim to meet their emotional needs, they will aim to meet yours. The theory is that, barring the odd bit of normal marital hatred, everybody should be happy.'



Be kinder to each other

TRY FULL RESPECT LIVING

Feel like your normal marital hatred has got a bit out of hand? To rein it in, Terrence Real recommends a practice called full-respect living. 'It is a minute-to-minute attentional discipline,' explains Terrence. 'Before words leave your mouth, you pause and ask yourself, "Does what I'm about to say fall below the level of basic respect?" If you judge what you're about to say as disrespectful, I have great advice for you: shut up. And pledge, sincerely, from this moment forward, to do your best to curb actions and words that shame another. And similarly, if someone is disrespectful to you, you will not stand still and do nothing. You may not be able to control them but, whenever you judge it to be in your best interest, you can in most instances either speak up or, if need be, leave. Neither dishing it out nor taking it, it's time to finish with contempt and disrespect.'

By Lucy Hunter. **Pictures:** Adobe Stock

Flower POWER

Make your home look blooming lovely this spring with fancy florals

HYDRANGEAS
LILY OF THE VALLEY

Refresh your bedroom with petal-printed bedding and cushions

Candles, B&M, £1.50 for two

Frame, M&S, £15

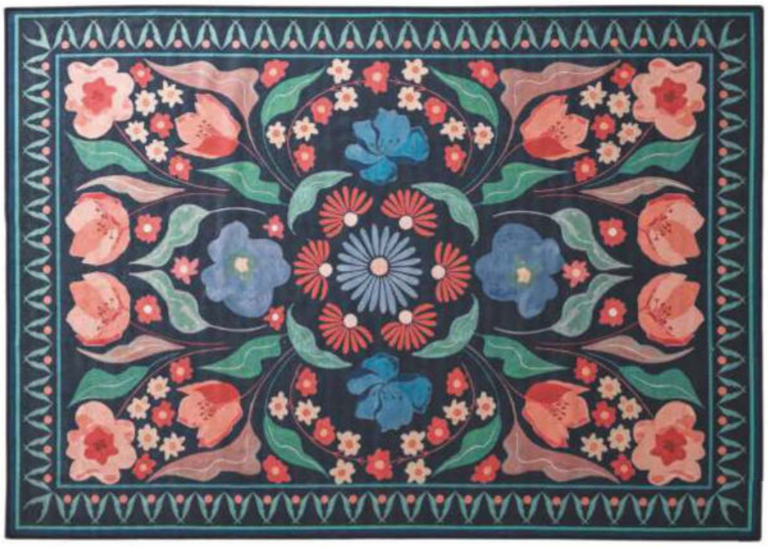
Unframed Print, Desenio, £17.95

By Emma White

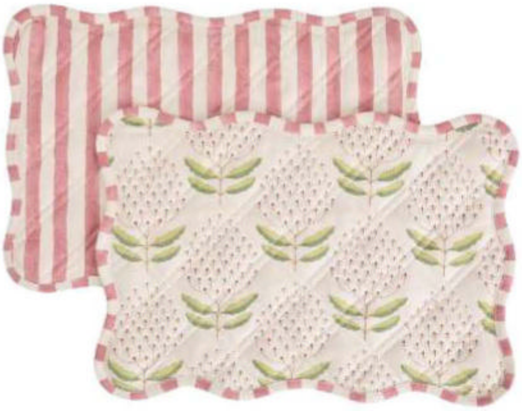
Towels, M&S, from £9.50

Cushion, Pink City Home at Etsy, £30

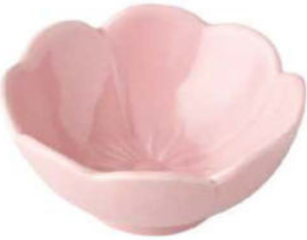
Duvet Set, from £20; **Stripe Cushion,** £10; Floral Cushion Cover, £7; **Lily Oblong Cushion,** £10; **Candle Holder,** £4.50, all Primark



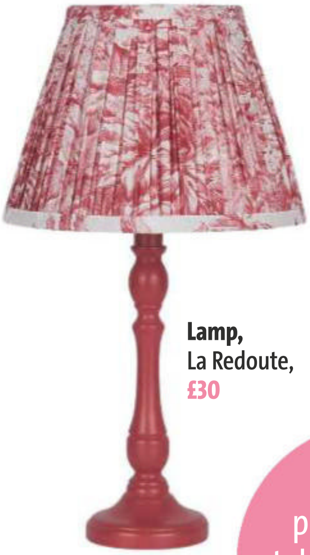
Rug, Next, from £30



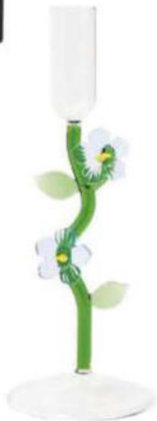
Placemats, Habitat, £12 for two



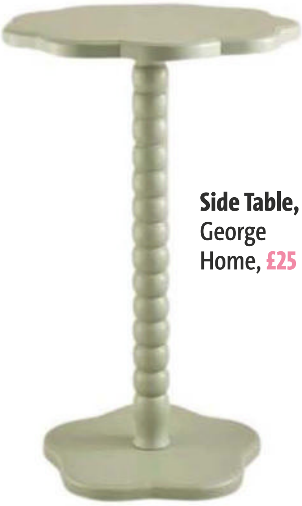
Bowl, Søstrene Grene, £3.46



Lamp, La Redoute, £30

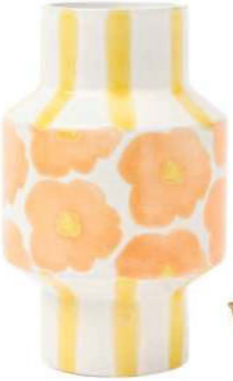


Candle Holder, Oliver Bonas, £15

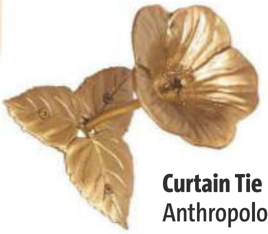


Side Table, George Home, £25

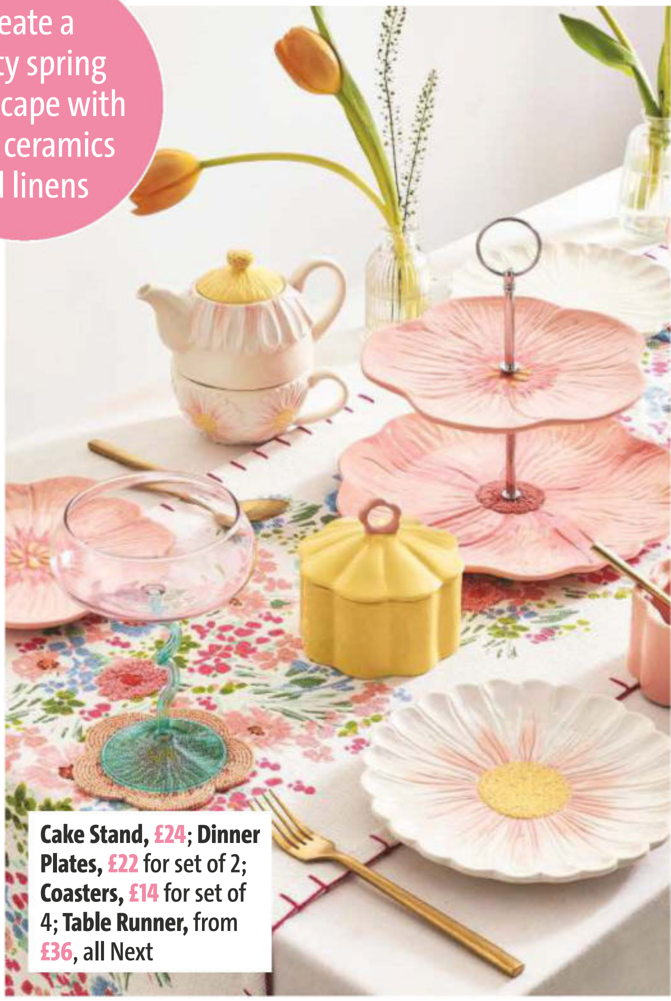
Create a pretty spring tablescape with floral ceramics and linens



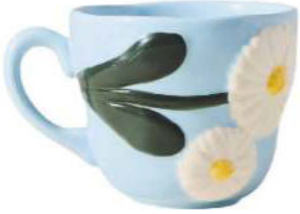
Vase, Oliver Bonas, £35



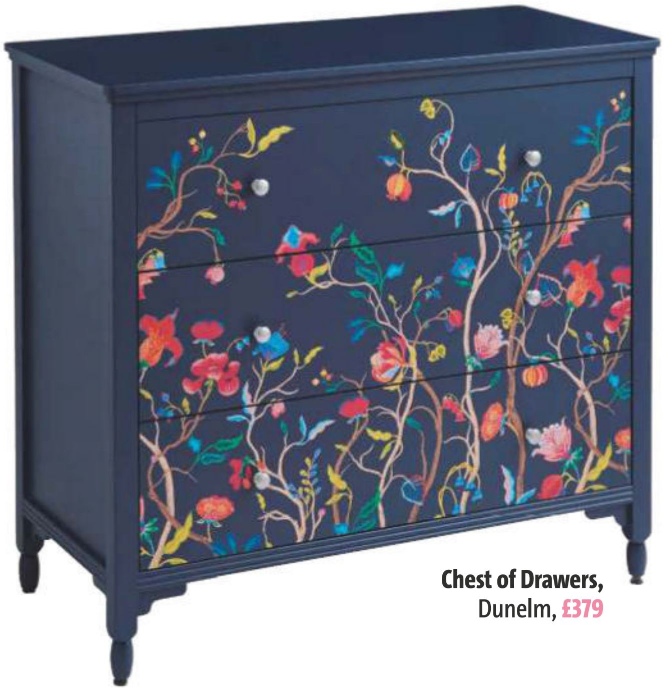
Curtain Tie Back, Anthropologie, £28



Cake Stand, £24; **Dinner Plates,** £22 for set of 2; **Coasters,** £14 for set of 4; **Table Runner,** from £36, all Next



Mug, Anthropologie, £14

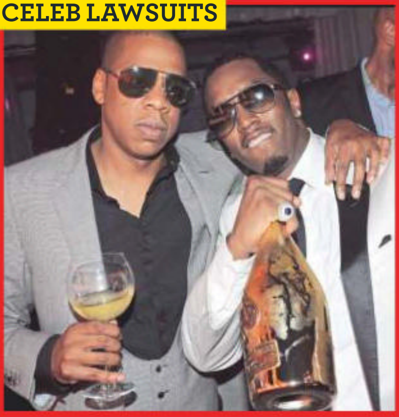


Chest of Drawers, Dunelm, £379

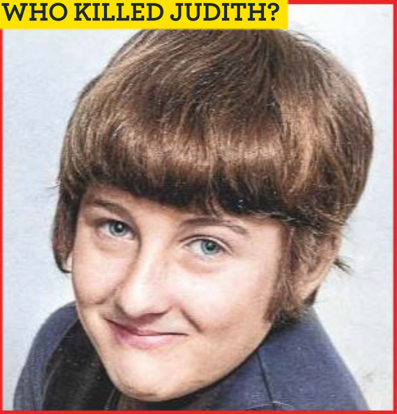
THE DARKEST CRIMES AND EVIL MINDS

CRIME MONTHLY

TIKTOK STAR TURNS TRIPLE MURDERER
SICK & TWISTED
DAD 'MARRIED STEPDAUGHTER... THEN KILLED HER
LUCY LETBY
SHOCK NEW EVIDENCE EXPLAINED
ISSUE 73
MARCH 2025
CRIME MONTHLY
THE DARKEST CRIMES AND EVIL MINDS
CHILLING CCTV
WEDDING DAY SLAYING
HUSBAND STABS NEW WIFE 18 TIMES
HOLLYWOOD MONSTER
DRUGGED, RAPED & DUMPED
FAKE FILM PRODUCER LURED CHRISTY AND HER FRIEND TO THEIR DEATHS
FAME-OBSESSED TEEN KILLS BOYFRIEND
FATAL FOOTAGE:
DID GOOGLE MAPS PHOTO CATCH A KILLER?
£3.60


CELEB LAWSUITS

GROOMING GANGS


WHO KILLED JUDITH?

ISSUE 73 ON SALE 6 MARCH

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Over to YOU!

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London, NW1 2PL.
Email: **bella.letters@bauermedia.co.uk**
facebook.com/bellamagazineUK
twitter.com/bellamagazineUK
instagram.com/bellamagazineUK

£50 Star letter

People's Princess?

I read your story about Meghan Markle taking inspiration from Diana with interest (issue 7). I have no problem with Meghan and the more she can do to help good causes, the better. However, while she may aspire to be the People's Princess, she'll only achieve that by gaining the hearts of the public, not by being an imitation of Diana…

Shona Lloyd, Clwyd

Undercover lover

Your story about the lady who was tricked into falling in love with an undercover policeman (issue 8) was so fascinating. It just goes to show, you never know who you are jumping into a relationship with. I think I'll stay single – the dating world is a scary place!

Pauline Stone, Bolton

Talking point

A mother has spoken out after her son's teacher made some suggestions on how he could be disciplined at home. So, we ask, should teachers really be offering parenting advice?

Teachers have enough on their plates without offering parenting advice too.
Jess Derbyshire, via Facebook

As a teacher with a very difficult class, it can be hard to bite your tongue sometimes, I must admit.
Anonymous, via email

I remember a teacher saying something similar to my daughter when I was younger. I was offended back then, now I'd shrug it off.
Kat Bourton, via Facebook

I'd be grateful for some advice with three teenagers at home!
Claire Buckerfield, via Facebook

By Stephen Leng. **Pictures** Shutterstock

THIS WEEK Bella LOVES…

The White Lotus

Yes, we are only a few episodes into the third series. No, we have no idea what is going to happen and we are still struggling to remember everyone's names. But we are fully obsessed with the new series of *The White Lotus*. And like all the '90s fans out there, we're particularly interested in iconic *Party Girl* actress Parker Posey's character Victoria. We can't wait to see where it goes...

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'I met my babies' surrogate at the gym!'

Brooke Smith-Sanders, 39, knew exercise was good for her – but she had no idea quite how much it was going to mean…

Looking down at our plates I realised we'd been talking so much, we'd barely touched our sushi. 'I'd love to go out again,' my date, Walt, said. 'Me too,' I replied with a smile. We'd met through my friend and it was clear we had a romantic connection, but there was something I had to be upfront about… On our second date, I came out with it. 'I need to tell you something,' I said. 'I was born without a uterus.' I'd been sent for a scan at 17 because I still hadn't started my period. It meant I'd never be able to carry a baby, so surrogacy would be the only option if I wanted children. As there were no guarantees that would work, I wanted to tell Walt before I fell for him – and his reaction was amazing. He was so kind. We became serious quickly and I kept asking if he was sure. 'I love you for you,' Walt reassured me. 'If we have kids, amazing, but if we don't, I have you.'

After two years of dating, Walt popped the question and we tied the knot a year later. As we settled into married life together, our thoughts turned to starting a family. But as we worked out what the IVF and a surrogate would cost, I was worried about how long it was going to take to save. We began putting a bit aside, but our hopes of having a family still felt out of reach.

Then my dad, Jimmy, got some inheritance money and gave it to us for an IVF round. We were so grateful and immediately booked an appointment at a fertility clinic. The process cost £24,000, but I hoped it would all be worth it. I started to post about our plans and journey on Facebook and mentioned that we were looking for a surrogate.

Brooke and Walt were thrilled to be parents

'It felt like a miracle'

One evening, I got a message from Dawn, who I'd met at a CrossFit gym a few months before, and my mouth dropped open. *I'm so sorry to hear what has happened. I'd love to be your surrogate,* it read. I couldn't believe it. We'd only swapped small talk after squats, now she wanted to give me a baby! I showed Walt in excitement and we messaged Dawn back and arranged to go for dinner with her and her husband the next night.

We were all nervous when we arrived, but as we got chatting, Dawn explained why she'd made us this amazing offer. 'I'm adopted and my parents always talked about how thankful and lucky they felt to fulfil their dream of becoming parents,' she said. 'So I understand what you're going through and I want to help.' She had two children – a son who was 14 and a two-year-old daughter – and felt lucky to be a mum. Now she wanted me to experience it too. 'Thank you so much,' I told Dawn gratefully. She didn't even want paying, she offered it as a gift. It felt like a miracle and I could tell it meant as much to her as it did to me, so the next day we called the fertility clinic.

The twins are thriving

The first attempt at retrieving eggs from my ovaries to create embryos using Walt's sperm was unsuccessful. But we tried again and, in time, two of our embryos were implanted into Dawn. We had to wait for 10 days to find out if they'd taken, but Dawn and I were so excited that, twice a day, she'd take tests and sneakily send me the pictures.

For the first few days, they were negative, then, on day seven, a faint positive line showed up. 'I think it finally might happen for us,' I said to Walt.

On day 10, Dawn had a blood test at the clinic and then rang me shortly after. When she told me the

Brooke with the twins

Dawn when she was pregnant

results, I shouted to Walt, ‘We’re having a baby!’ But we were still so scared.

Dawn was closely monitored for the next few weeks and at her six-week scan, we were shown two little blobs on the screen and heard two heartbeats. ‘It’s a miracle,’ I wept, wiping away my tears. Walt and I immediately prepared our house for the arrival of twins. We had a baby shower, and of course Dawn was the guest of honour.

We went for an ultrasound as soon as we could find out the genders, with our families all coming along. The scan was projected onto a big screen so everyone could see, and we were overjoyed when we were told, ‘It’s a boy and a girl.’ Dawn was having medical appointments three times a week, so I’d tag along to as many as I could. We’d speak on the phone every day and I loved to hear updates on my little ones.

Several weeks before the due date, Dawn called and said, ‘I’m at the hospital for a check-up, but they want to deliver the babies now.’ I hung up, told Walt and we rushed straight there. When we arrived, we were told Dawn had pre-eclampsia, which causes high blood pressure during pregnancy and can be life-threatening. I felt sick for Dawn and our babies. She was being prepped for a Caesarean and there wasn’t room for both of us to go in with her, so I grabbed a gown and headed to theatre.

‘We’re having a baby!’

Our daughter, Maverick, arrived first, weighing 5lb. Her brother, Sheppard, arrived two minutes later, and was slightly smaller at 4lb 5oz. Both were rushed to neonatal intensive care because they needed help with their breathing. Once they were settled, Walt and I were allowed to see them. Staring at them in their incubators, with tubes and wires coming off them, I said, ‘This has been the hardest part of the entire process.’

Thankfully, Dawn recovered well and, when she was discharged, she came to visit the twins. I hugged her and thanked her again for carrying our beautiful babies. They both did well and, three weeks later, they were strong enough to come home.

The twins are now four, and they’re lovely and cheeky. Dawn comes over to see them often and she’s like a sister to me now. I knew going to the gym was going to be good for me – I just didn’t know how good! I’m so grateful for my miracle babies and I’ll always be thankful to my fellow gym bunny’s incredible gift.

● **Dawn said,** ‘My parents made sure I always knew how we came to be a family, and always talked about how thankful and lucky they felt to have the opportunity to fulfil their dream of being parents. When I learnt more about Brooke and Walt’s situation, I could picture how my own parents must have felt before I came into the picture. I felt stirred to help Brooke become the mother she wanted so badly to become.’

By Ella Buxton **Pictures** Brooke Smith Sanders, Dawn Crawley / SWNS

advice

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

Why is he still so angry?

Q My mother-in-law (who lived abroad) died recently and my husband rushed to be by her side as soon as he heard that she didn't have long. He wanted me to go with him, but we have two small children, and it was impossible to make arrangements for them at such short notice. He wanted me to bring them too as they're only two and four so wouldn't be missing school. But I didn't think it was right for them to be around all that sadness and grief. My husband and father-in-law were in a right state. My sister-in-law who lives in the same country was there with her two kids – but it was her mum who died, so that's different. By the time the funeral was arranged, I had scheduled for my mother to come and look after our kids for a couple of days, so I went over to be with him. But he was so cold with me. He said I was selfish not to bring the kids over when he needed to be with them. Now we're back home, and he's still hardly speaking to me. I don't think I did anything wrong! Am I missing something?

A Unless you've been through the experience of losing a parent, it's hard to understand just how horrendous it is. Even if the relationship wasn't perfect, losing a parent is one of the hardest things that we ever go through. Because they are such a fundamental part of who we are. I understand that you weren't feeling the same level of sadness and loss that your husband was. But in these circumstances, I think a spouse's role is to support their partner as much as possible, even if their requests seem unreasonable at times. Your husband needed to feel surrounded by the family he's created at a time when he was dealing with the loss of his mother – a member of the family he's come from. But I also wonder if there was something else going on for you. Perhaps you weren't only worried about exposing your children to that level of grief.

It's all on her terms

Q My friend and I both got pregnant at the same time and our kids are now two. I feel like the friendship has changed into something I don't want. We see each other about four times a week which just feels too much for me. When we go to hers, she makes food my son won't eat without asking what he likes. I know that kids can be fussy so I always ask her if her son will eat whatever it is I'm making. And if not, I'll change it. She always nags me to stay and bath them together too. But this means that my son falls asleep in the car and then won't go to bed when we get home! How do I get out of this?!

A Boundaries, boundaries, boundaries! This is simply a case of expressing how you really feel and not letting your friend railroad you into doing things that don't work for you. However much she nags you to make another arrangement, or stay for bathtime, be firm, and state clearly that it's not what you want. You don't have to give excuses or be unkind. But you are allowed to say 'no'. You could also ask in advance what she plans on making the kids for dinner. And if she's making something he doesn't like, leave before supper time! I know it's uncomfortable to feel like you're disappointing someone, but in the long run, the friendship is more likely to survive if you can be clear with your boundaries and be honest with her.

Should I go through with my threat?

Q We bought our 12-year-old son an expensive games console for his birthday and I regret it every day because all he does is play on it all day long! He has been so rude and disrespectful – answering back, not doing his chores. I was so angry that I went and packed up his console and wrote a post to put it on eBay. When he got home, I showed it to him and he went mad, sobbing and screaming. I haven't posted it yet, but I feel like I'd be rewarding his bad behaviour if I just give it back to him. Please help!

A The trouble with making threats in the heat of the moment when it comes to disciplining children is that it is so important to follow through with them. Otherwise, they lose respect, and next time will think you don't mean it. Explain to him that you went too far and you did something you now regret. Perhaps between you, you can work out a plan for how he can

Letters and replies may be edited for length/clarity. Pictures Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

Maybe you didn't want to be around it either. Under normal circumstances, I don't think there's a right or wrong regarding your situation, but under these incredibly difficult conditions, I think that you could have put your own feelings aside, and taken the children so you could have surrounded your husband with the love that he needed to feel. Even if he's being unreasonable, and staying in his sulk for too long, you need to give him a break this time, and be the bigger person, because right now, nothing seems fair to him, and he's in so much pain that being angry with you is just a part of his grief. You can't go back and change things, but you can let him know that you understand why he's upset. Keep offering up the olive branch so you can support him with the love and care he needs right now.

---

gain a certain amount of time to play his game if he behaves himself, or if he completes his chores. Reward the good behaviour and try not to get yourself tangled up in the bad.

Do you suffer from anxiety?
0906 652 5070

Getting over depression?
0906 652 5076

Bereavement
0906 652 5077

Impotence
0906 652 5078

Relationship breakdown
0906 652 5079

BELLA ADVICE LINES

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers **For the week 4–10 March**

ARIES 21 March – 20 April

There's a stop-go quality to communications midweek. After possibly saying more than you'd intended, you then feel the need to protect yourself by clamming up. You're more forthright on the 8th, while also able to avoid treading on anyone's toes.

Theme of the week: Family

☎ 0906 650 7230

TAURUS 21 April – 21 May

Connecting with friends does you good this week. Yes, things may not always go as smoothly as you'd like, especially when there's a minor disagreement over money or values on the 7th, but you revel in the company of people who are on your wavelength.

Theme of the week: The future

☎ 0906 650 7231

GEMINI 22 May – 21 June

Have faith in your ability to push ahead towards the goals you've currently lined up for yourself. Do your best to ignore the fleeting self-doubts that assail you on the 7th. You'll soon be back on track, ready to take the next step on the 8th. You can do it!

Theme of the week: Discipline

☎ 0906 650 7232

CANCER 22 June – 23 July

Your emotions are highlighted for most of the week, which means you're easily influenced by the way you're feeling. Take an objective view of current events on the 9th, because this will help you to stay focused and resilient.

Theme of the week: Self-knowledge

☎ 0906 650 7233

LEO 24 July – 23 August

Close emotional relationships play a key role in your life this week. You need to forge strong bonds with certain people so you can feel truly connected to them. Profound conversations on the 8th and 9th help to bring you closer together.

Theme of the week: Privacy

☎ 0906 650 7234

VIRGO 24 August – 23 September

Are you puzzled about a health matter, work problem or important financial arrangement? Then ask the relevant questions early in the week, when you aren't prepared to take 'no' for an answer. You could uncover something very interesting!

Theme of the week: Being considerate

☎ 0906 650 7235

LIBRA 24 September – 23 October

Giving yourself something to look forward to will help you to keep going whenever you feel bogged down or flat, especially if you've still got a lot on your plate. You're very busy on the 7th but must build in some time for yourself, otherwise you'll run out of energy.

Theme of the week: Doing your best

☎ 0906 650 7236

Cait Fitton – 23 on 8 March 2022

PISCES

20 February – 20 March

Personal plans and new ideas are in the spotlight right now and you're longing to put them into action. However, you realise midweek that not everyone in your life shares your excitement about these projects. Perhaps they feel excluded in some way?

Theme of the week: Balancing acts

☎ 0906 650 7241

SCORPIO 24 October – 22 November

Being with loved ones is a great way to stay cheerful this week, provided that you focus on all the positives that flow between you. It's essential that you avoid placing too much emphasis on any fleeting feelings of loneliness that crop up on the 7th.

Theme of the week: Fun

☎ 0906 650 7237

SAGITTARIUS 23 November – 21 December

You're often renowned for being independent, but right now you need to feel that you belong, whether it's with family or friends. You're reluctant to go too far out on a limb, and this may mean you'll prefer to fit in with others rather than do your own thing.

Theme of the week: Letting go

☎ 0906 650 7238

CAPRICORN 22 December – 20 January

Get set for a busy week, full of small tasks, short journeys and intriguing chats. There's little chance of getting bored! The 7th is a good day for taking things slowly and deliberately. It's also perfect for relying once more on your common sense.

Theme of the week: Variety

☎ 0906 650 7239

AQUARIUS 21 January – 19 February

Curiosity gets the better of you early in the week when you're on the hunt for the answers and solutions to something that's puzzling you. Make the most of your energy levels on the 8th because they'll help you to tackle whatever needs to be done.

Theme of the week: Trust

☎ 0906 650 7240

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm)

South of France sailing

Explore the coastal French region of Camargue by boat…

Set sail!

When you think of the South of France, it's often the A-list hotspots of Cannes and Nice that spring to mind. But tucked between Montpellier and Marseille is Camargue – a coastal region that boasts all the beauty of the well-trodden popular destinations, but without the tourists.

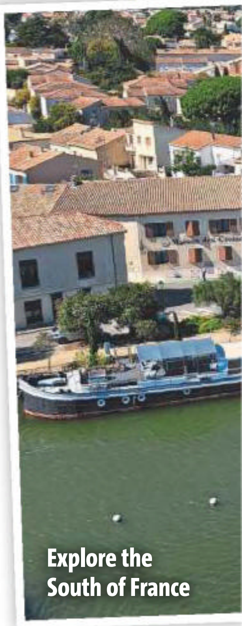
Located between the Mediterranean Sea and the two arms of the Rhone River, taking to the waterways rather than the roads is not only a more exciting way to experience Camargue, but it's far easier too. We set sail and hired a private boat to find out more about this beautiful region.

Holiday on the water

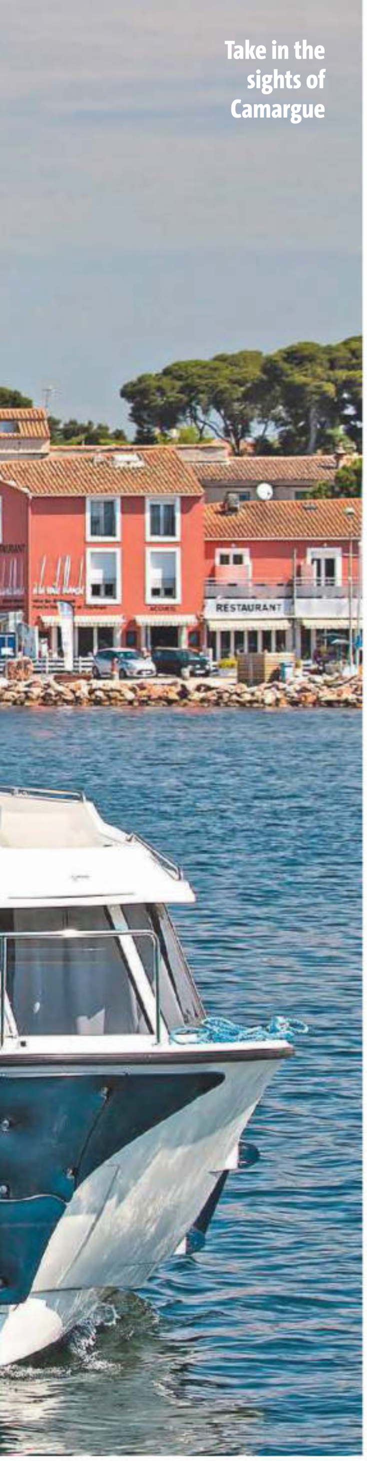
On board

Travel and accommodation fixed in one place? Yes please! Le Boat has a fleet of large self-drive cruisers that don't require a licence to hire. We stayed in the Horizon 5, which can sleep up to 12 people in five spacious bedrooms, each with a small double bed and an ensuite, plus a convertible settee in the saloon. There's even an outdoor BBQ on the sundeck.

Le Boat will completely rethink the way you holiday. Instead of just staying put in one hotel, or having to pack up all your belongings every time you change AirBnBs, everything you need each day is within arm's reach.



Explore the South of France



Take in the sights of Camargue

Salins du Midi's pink waters

Think pink

If you're looking to be wowed, visit Camargue in all its natural beauty. The Parc naturel regional de Camargue is a protected site home to more than 400 species of birds including the greater flamingo and indigenous white Camargue horses.

Salins du Midi,a manufacturing site that produces 500,000 tonnes of France's supply of salt, just outside the town of Aigues-Mortes, is a must-visit due to the stunning pink tone of the water. It's due to Dunaliella salina, a microscopic alga that also give shrimps and flamingos their tone. At 18km long and 13.5km wide, you can get your steps in by exploring on foot or, for ease, take the guided train tour.

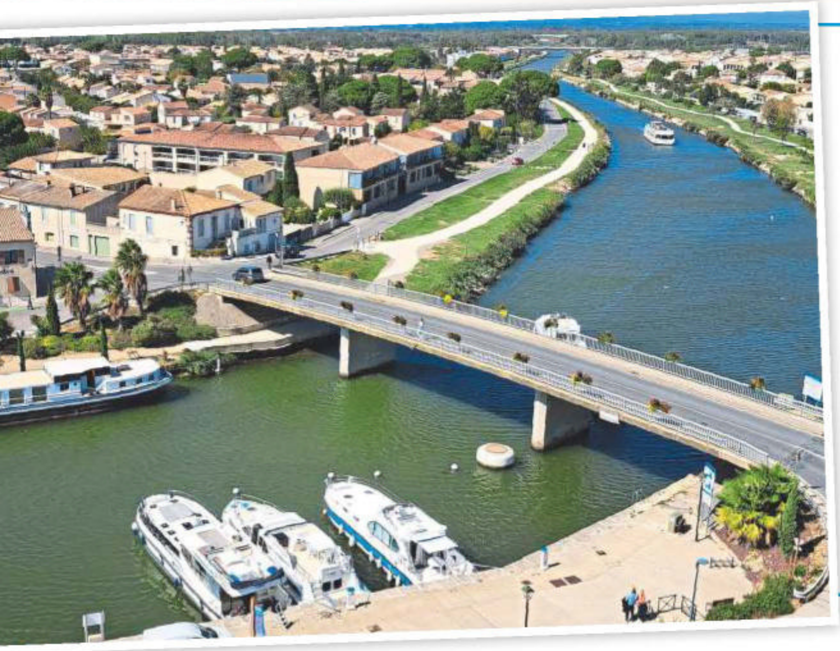
Catch some culture

There's plenty going on in the towns around Camargue too. Aigues-Mortes for example, is an incredible town with a rich history. The building of the 1,640m-long city walls began under the reign of Philippe III the Bold. Still standing, they'll provide the best views of the city, while the attached Tower of Constance is a fascinating location, having been used as a female prison for the Huguenots who refused to convert to Roman Catholicism.

When it comes to culture, Arles is Camargue's crowning jewel. It was here that Vincent Van Gogh spent several years and painted both his iconic Sunflowers and Café Terrace at Night – it was also, perhaps less positively, where he cut off his left ear.

CAFÉ VAN GOGH

Get arty in Arles



On the water

If you're a sailing novice, you'll get a full induction when you arrive at your cruiser to ensure you're confident behind the wheel. The team will help you plan your journey and show you how to operate locks and the best places to moor. There's also an on-board map which indicates where you can and can't go, plus there is the option to hire a skipper for the day.

But once you get the hang of it it's actually quite easy and sailing the water is a really peaceful and unique way to enjoy your holiday experience!

NEED TO KNOW

- A seven-night self-catered cruise in Camargue on board a Horizon 5, during the 2025 boating season, starting and finishing at Le Boat's base at Saint Gilles, is priced from £1,609 per boat or £322 pp. Book at leboat.com
- Bike hire is £42 per week or £6 per day and rentable for your trip.

By Daisy Hall, **Pictures** Le Boat, Shutterstock

TV WEEK

Family disaster

The Au Pair, Monday 10 March, Channel 5

Gorgeous and care-free Zoe Dalton (Sally Bretton) seems to have it all, living an idyllic life with successful husband Chris (Kenny Doughty) and her two adorable stepchildren, Amber and Noah, in their stunning country house. But behind closed doors, it becomes clear she is struggling to cope with problems in her marriage and caring for her diabetic father, George (David Suchet), who moves in next door. To lighten the load, Zoe hires an au pair, and French beauty Sandrine (Ludmilla Makowski) arrives – completely changing the dynamics of the household. As Zoe's life goes into free-fall, secrets and lies are revealed.

EMOTIONAL JOURNEY

Belgravia: The Next Chapter, Sunday 9 March, ITVX

We return to Belgravia in 1871 – 30 years after series one – to witness the love story of the third Lord Glanville Frederick Trenchard and his new love interest Clara Dunn, a newcomer to London society, unfold. Although they are deeply in love, Frederick is struggling with trauma from his childhood following years of emotional neglect and resentment from his father, who preferred his little brother James. Clara is convinced if she can fix her husband's relationship with his estranged brother she can also restore his happiness, but as she delves deeper into the past she's drawn into an intoxicating new world.

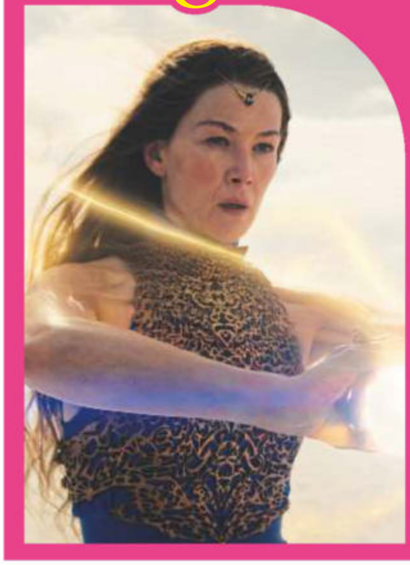
By Caroline Blight, Amber Connolly, Amy Rowland. **Pictures** ITV, Prime Video, Netflix, C5, Orion

Giving back

Michael Sheen's Secret Million Pound Giveaway, Monday 10 March, Channel 4

No one plays an angel quite like Michael Sheen – but in this new series he is not Aziraphale in *Good Omens* but a real-life angel. The actor has used his own money to write off personal debts of hundreds of people in his beloved South Wales. The star from Port Talbot, who has been campaigning for a fairer credit system for years and has even appeared in Parliament calling for a fair banking act, is hoping the documentary will open discussion further. He says, 'The lack of affordable credit for people on low incomes is harming individuals and families, but also businesses and communities. Whole regions are seeing their growth held back.'

Magical madness



The Wheel of Time, Thursday 13 March, Prime Video

The Wheel of Time is back and more dramatic than ever with a dynamic magical showdown between good and evil. The Sorceresses who secretly swore themselves to the Dark One reveal themselves and instigate a vicious battle that will forever change the fate of the world. Drawing mainly from the fourth book of Robert Jordan's series, we will visit new regions and cities across the fictional continent of the Westlands, including the vast deserts of the Aiel Waste, the intoxicating and dangerous port city of Tanchico, and the forbidden and fog-shrouded ancient city of Rhuidean.

HARSH REALITY

Adolescence, Thursday 13 March, Netflix

New crime drama *Adolescence* throws us into the action as each episode is filmed in just one shot. It tells the story of 13-year-old Jamie Miller (Owen Cooper) who is arrested for the murder of a teenage girl and how the accusation cripples his family. Creator and co-writer Stephen Graham plays Jamie's father and says, 'We could have made a drama about gangs and knife crime, or about a kid whose mother is an alcoholic, or whose father is a violent abuser. Instead, we wanted you to look at this family and think, "My God. This could be happening to us!" And what's happening here is an ordinary family's worst nightmare.'

CHECK MATE!

Chess Masters, Monday 10 March, BBC2

It's the fastest growing sport in the world, and now Sue Perkins is brushing up on her chess lingo as she meets passionate, highly-skilled players battling it out across a series of rapid games to be crowned Chess Master. Helping her and providing expert commentary is three-time British chess champion and grandmaster David Howell, as well as expert chess coach and former *Traitors* contestant Anthony Mathurin. 'It's all about psychology, strategy, smart thinking and nerves of steel,' says Sue. 'We've been waiting over 30 years to see chess back on our TV screens. *Chess Masters* will make that wait worthwhile.'

NEW THIS WEEK

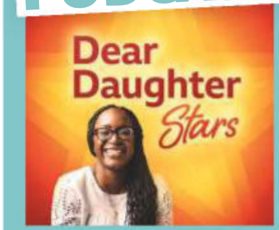
FILM

Mickey 17

Desperate to leave Earth, Mickey Barnes signs up as an 'Expendable' – a crew member sent to colonise an ice planet. Undertaking dangerous missions, Mickey isn't expected to survive, so a new body is regenerated each time he dies with most of his memories intact. After one clone, Mickey 17, is incorrectly assumed dead, he finds his new iteration, Mickey 18, up and about – with potentially fatal consequences.

PODCAST

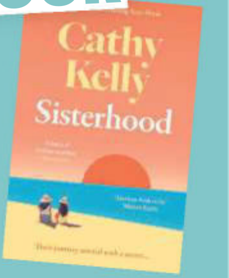
Dear Daughter: Stars



Namulanta Kombo returns for a fourth season, and this time there's a celebrity twist. Each episode, a guest reads a letter to their child with advice they'd like to pass on. With stars including *Bridgerton*'s Adjoa Andoh, Bollywood actor Kalki Koechlin, and Australian football pro Katrina Gorry, find out what it's like to be an athlete after pregnancy, and how a model teaches her daughter that looks don't matter.

Sisterhood

BOOK



by Cathy Kelly (Harper Collins)

Lou never puts herself first. Even at her own birthday party all she does is worry whether everybody else is having a good time. Then a terrible secret upends the celebrations and she decides to finally do something for herself. But she's going to need her sister... Life has pulled Lou and Toni apart yet now they set off on a journey from the windswept Irish coast to sun-baked Sicily where they rekindle old bonds and face an uncomfortable truth.

BOOK

The Surf House

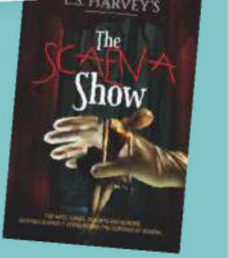
THE SURF HOUSE
LUCY CLARKE

by Lucy Clarke (Harper Collins)

Lost in Marrakesh's backstreets, disillusioned model Bea is attacked but rescued by Marnie, forging an unbreakable bond. With nowhere else to go, Bea follows Marnie to the Surf House, a cliffside retreat for sun-seekers and surfers. As she settles in and finds romance, she stumbles upon a chilling mystery – a woman vanished there a year ago. Can Bea uncover what really happened, or should some secrets stay buried? A gripping, atmospheric thriller.

The Scaena Show

BOOK

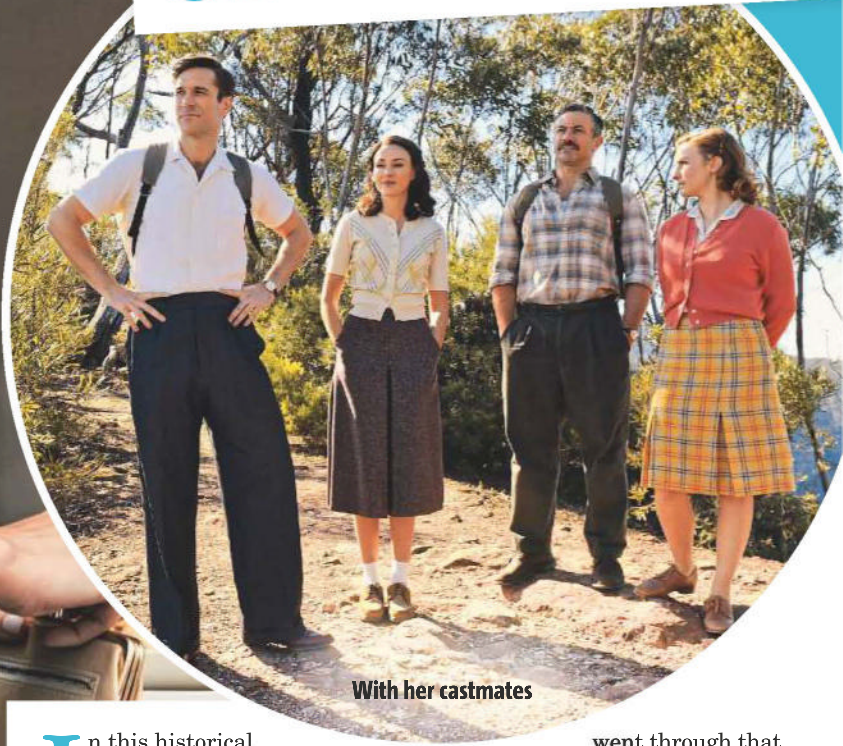


by L.S.Harvey (IP)

Scaena is the designer store with a deadly secret. When Candidus is brought to work there, she couldn't be happier – luxurious parties and the family she's always wanted. But everything changes when she finds a customer murdered. Candidus must decide: stay and become part of the twisted Scaena Show or risk escape? Behind the curtains, nothing is what it seems – not everyone leaves the same way they enter. A dark and brilliant tale.

Michelle loved the 1950s costumes

'I really a roast



With her castmates

In this historical drama, which is set in Australia in the 1950s, Michelle Keegan plays nurse Kate Thorne, a woman on a mission to expose the truth behind a heartbreaking story. When the series returns for a second run, we find Kate reunited with her son Michael, who was adopted by the care system against her wishes, but is her happiness short-lived? Here, we chat to Michelle, 37, about filming down under and what the series has in store…

What do you love about this role?

I love the historical aspect of the show. I didn't know much about the Ten Pound Poms scheme before I was cast. Being able to delve into the research and meet people who went through that experience, meeting their families and hearing their stories, I've loved that side of it. My favourite thing about Kate is that she has no fear – she fights for what she believes is right and even being a woman in the 1950s can't stop her!

What have you enjoyed most about working in Australia?

A real highlight for me is getting to see this side of the world. If it wasn't for *Ten Pound Poms*, I probably wouldn't ever have travelled to Australia because it's so far from the UK. But having the opportunity to work here and explore Australia at the same time is amazing. I've loved Sydney – you have the beach, the city and

missed dinner!’

Michelle Keegan reveals what it was like filming in Australia for series two of Ten Pound Poms

PROD. Ten Pound Poms
ROLL
TAKE
DIRECTOR:
CAMERA:
DATE:
Day.Night Int Ext Mos
Filter
Sync

The star in action!

the bush all within driving distance. This trip I’ve really travelled and explored a little bit more and one of my favourite places we visited was the Hunter Valley – wine country where we saw kangaroos in the wild!

What do you pack first when you go away?

I always pack my good pyjamas – my favourite ones come with me along with my slippers! The thing that I buy first, though, whenever I’m working overseas, is a dressing gown. It’s my home comfort and it’s got to be a comfy, cosy, oversized one.

What do you miss most about the UK when you film away from home?

The roast dinner! A homemade roast dinner – it’s just not the same. We ate out lots and went to different restaurants on a Sunday to try to find a roast. Don’t get me wrong, some of them were good, but it just doesn’t match the one at home. Plus, you need to be indoors, all cosy while it’s getting slightly dark outside, and you can’t forget the gravy of course! That’s what makes a UK roast dinner.

The first series ended on a cliffhanger after Kate found Michael in Australia. What can we expect from Kate’s story this series?

As we saw in the first series, Kate’s son Michael was sent to Australia in the care system and was adopted into an Australian family, which Kate didn’t know. Trying to find him is what took her to Australia. This series is really about Kate trying to expose the fact that she and her son have been separated against her wishes, which happened to so many families and to so many women in the 1950s, it’s absolutely heartbreaking. Kate is not just trying to help herself and Michael, she wants to help others as well and put a stop to families being unnecessarily separated.

Happier times ahead for Michelle’s character

What does the second series hold for Annie and Kate’s friendship and what does their bond mean to Kate?

Kate leant on Annie (Faye Marsay) a lot in series one. Annie was there as a confidante and a best friend, and Kate really valued Annie’s friendship. This series we see Annie lean on Kate more when she shares a big secret with her. It’s something that she’s never told anyone before and really shows how much trust she has in Kate.

What’s it like working opposite Faye?

Working with Faye is like having a masterclass each day. Watching her play Annie is incredible – she’s so talented and she raises the bar on set, which makes me want to try and get there as well! She’s just brilliant, and so generous. She gives you everything, even when the camera is on the person opposite her, she gives you 110%.

How have Kate’s costumes evolved this series? Have you got any favourites?

Kate wore a lot of men’s clothes in the first season and she was quite dowdy; she didn’t want to put herself on show in any way because she wanted to blend into the background. This series, we’ll see a much more traditionally feminine side to Kate – she’s wearing dresses a little more, and she’s in heeled shoes. My favourite costume is the pink dress Kate wears in the ‘not Christmas Party’ scene with Robbie; it’s the first time we’ve seen Kate in pink, and that scene is such fun – it’s great to play Kate having a good time. She’s been on an emotional journey since she’s been in Australia, so it’s nice for her to let her hair down, have a laugh and just have fun.

- *Ten Pound Poms S2, starts on Sunday 9 March on BBC1*

By Cecile Metcalf. **Pictures** PRF BBC

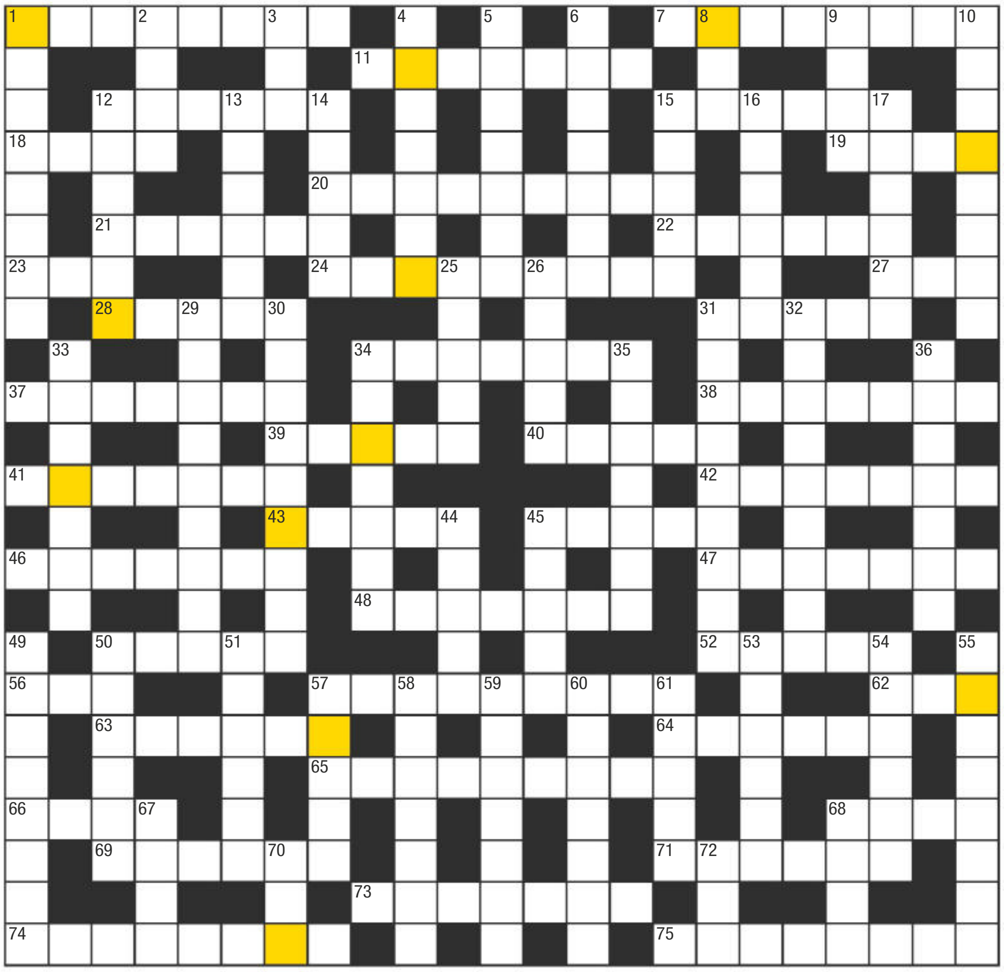
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a rising music star. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 Squid prepared as food (8)
7 Retail display area – for cars, eg (8)
11 - - - Lipman, actress (7)
12 Walk quietly and carefully with heels raised (6)
15 - - - tiger, big cat primarily found in India (6)
18 Press (clothes) (4)
19 Band fronted by Fred Durst, - - - Bizkit (4)
20 Venetian canal worker? (9)

28 Across

21 Prehistoric relic (6)
22 Workshop for car repairs (6)
23 Anger (3)
24 Seafront strolling area (9)
27 Rap group who teamed up with Aerosmith on *Walk This Way*, - - - DMC (3)
28 - - - Blunt, star of *The Fall Guy*, pictured above (5)
31 Academic work (5)
34 Trumpet flourish (7)
37 Momentum, drive (7)
38 Row of joined houses (7)
39 Bird's claw (5)
40 'Filthy' money? (5)
41 Sense of resolution, anagram of SO CRUEL (7)
42 Joyous ecstasy, or a hit for Blondie (7)
43 Firearm (5)
45 Dua Lipa song, *Break My - - -* (5)
46 Reality TV show, *- - - At First Sight* (7)
47 Town in West Sussex with an 11th-century castle (7)
48 Garden trellis (7)
50 Product of bees (5)
52 Sibling's daughter (5)
56 Sports biopic starring Will Smith (3)
57 *The - - -*, film with Kevin Costner and Whitney Houston (9)
62 Fuss, bother (3)
63 Green coating that forms on bronze (6)
64 *The - - - Shop*, TV series where heirlooms are restored by experts (6)
65 Pinball-like game (9)
66 Nautical greeting (4)
68 Ruler of Persia (4)
69 Vehicle fuel (6)
71 City-state of ancient Greece (6)
73 Glamorous '80s US soap with Joan Collins as Alexis (7)
74 Feeling of intense longing (8)
75 Follower, anagram of THEN DEAR (8)

Down

1 Agatha - - -, creator of Poirot and Marple (8)
2 Similar (to) (4)
3 Duran Duran classic (3)
4 Root vegetable (7)
5 US state with Phoenix as its capital (7)
6 Star of *Zero Dark Thirty* and *The Good Nurse*, - - - Chastain (7)
8 Garden tool (3)
9 Spanish football club, - - - Madrid (4)
10 Typographical error (8)
12 Chewy confection (6)
13 Decorative tuft of threads (6)
14 Two below par in golf (5)
15 Push (in) (5)
16 Hermione - - -, Ros Myers in TV spy drama *Spooks* (6)
17 Uniform, anagram of VERILY (6)
25 Material from flax (5)
26 - - - Horan, former One Direction singer, pictured right (5)
29 Uninvited presence (9)
30 Beatles song (9)
31 Amuse (9)
32 Sacred text (9)
33 Mixture, combination (7)
34 Middle Eastern chickpea ball (7)
35 Territory within another country (7)
36 Bright red (7)
44 Admission (5)
45 Japanese poem of 17 syllables (5)
49 Film starring Tom Hanks as a man marooned on an island (4,4)
50 Music genre associated with acts such as Public Enemy and **27A** (3-3)
51 Magic potion (6)
53 African antelope (6)
54 Jazz singer and actress, - - - Kitt (6)
55 Ring-shaped bakery treat (8)
57 Biblical tower (5)
58 *- - - Are Over*, Florence + the Machine track (3,4)
59 Escape – driver? (7)
60 US host city of the 1996 Olympics (7)
61 Put on clothes (5)
67 Period of 365 days (4)
68 Mix with a spoon (4)
70 Possess (3)
72 Group of dolphins (3)

26 Down

COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BFPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Crossword Neil Locker. **Pictures** Shutterstock

Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

	6	1		9		8	3	
9	2						5	4
			8		4			
		5	2	4	1	6		
		7	9	6	8	4		
			7		6			
7	3						4	2
	8	9		5		7	1	

HARD

	4	8		9			6	
3				8				9
					7			8
		7	8		4			
9	6						8	5
			1		9	3		
5			6					
4				1				7
	1			4		2	9	

Take A Break Su-doku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

PRIZE Arrowword

WIN £200

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, the band whose song inspired Lady Gaga's stage name. This is your competition entry answer. See the 'How to enter' panel below.

Marvin ---, soul legend	▼	Rough ---, Lassie's breed	Stop – smoking?	▼	Exceeded	Rustic	▼	Kitchen appliance	▼	--- Menuhin, violinist	Caused annoyance to	D-Day beach	▼	Lowest whole number
Come into possession of	▶	▼	🟨 ▼			▼		Zac ---, actor	▶		▼	▼		Convent sisters
--- *Song*, Elton John hit	▶				American state	▶				Prayer ending?	▶			▼
▶								Bone	🟨 ▶				Missing without permission	
Chopper's landing site	Tennis body (1,1,1)	▶			--- Jones, *Songs Of Praise* host	▶				Sadiq ---, Mayor of London	▶		▼	
Maple trees	Shade of blue		Auction	▶				Spouse's parents (2-4)	▶					
▶	▼				Lady Gaga					*Someone Like You* singer		Sea eagle		Author, --- Blyton
Flowed back		Gentle wind	Muslim ruler							▶		🟨 ▼		▼
▶		▼	▼							Indian language	Block of gold		College head	
Give weapons to	▶			Star ---, Asian spice						▶	▼		▼	
Luke Skywalker's twin sister	▶			▼						Require	▶			
▶		🟨								Puts in prison		Tusk material		Shoo!
Rear of a ship	Extremely unpleasant		Welsh resort		Frilly	▼	Diarist, Samuel ---	Reek	Links	▶ ▼		▼		▼
▶	▼		▼		▼			▼	Quad bike, eg (1,1,1)	▶			Screen icon, --- Gardner	
Lie in?		Untidy pile	▶				Kimono sash	▶			Paddle	▶	▼	
▶				Greenish-blue	▶			🟨	Insect grub	▶				
Pop star, --- Murs		Places (down)	▶				Domestic fuel	▶			Sweet potato-like tuber	▶		

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 7
PRIZE ANSWERS
Crossword
Lesley Manville
Arrowword
Virgo

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 17 March 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE:
0901 130 0237

When asked for the issue number, key in 09. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL09 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

- If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
- **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115.** This will be charged at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
- Lines close at 11.59pm on 17 March 2025.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

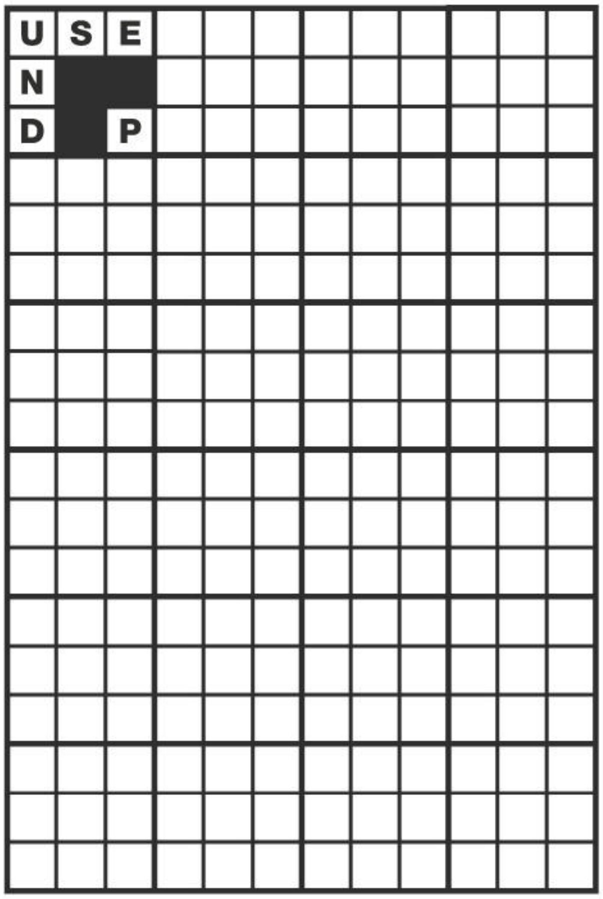
OR ENTER ONLINE:
Bellamagazine.co.uk

Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.



Y	S	T
M	■	Y
N	Y	■

A	I	L
S	■	E
E	S	T

■	R	A
A	N	■
■	E	V

O	U	T
■	■	A
E	■	B

A	■	A
■	■	R
T	T	Y

T	W	A
I	■	E
S	■	L

F	U	L
L	■	■
A	R	A

E	L	L
■	E	A
R	A	■

P	E	■
■	C	H
R	Y	■

■	■	L
G	L	E
U	■	M

N	■	H
C	■	■
E	B	O

E	R	I
■	■	N
P	R	E

■	S	P
A	■	A
D	I	S

■	C	A
A	L	■
L	E	S

V	■	S
E	W	■
R	■	P

A	■	E
T	I	D
E	■	■

G	L	U
L	■	N
A	R	C

L	■	T
E	■	A
G	E	B

L	K	■
■	I	■
A	N	E

I	S	E
N	■	N
E	N	T

E	L	O
R	■	U
W	O	R

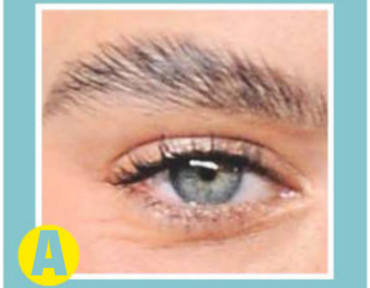
E	■	I
■	P	L
H	■	I

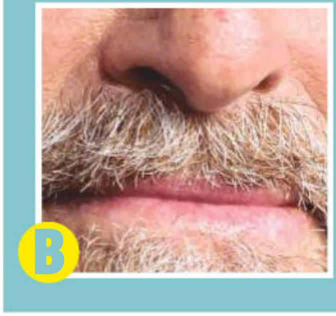
~~U~~	~~S~~	~~E~~
~~N~~	■	■
~~D~~	■	~~P~~

R	O	L
■	V	■
■	A	L

GUESS THE CELEB

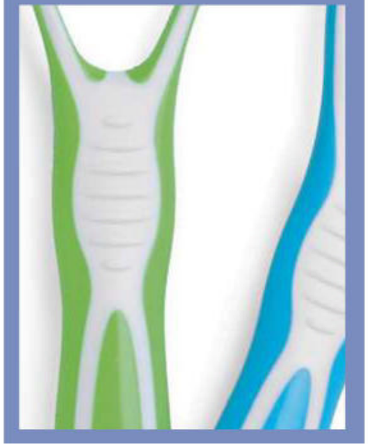
Can you name these stars by seeing close ups of their famous faces?





WHAT ON EARTH?

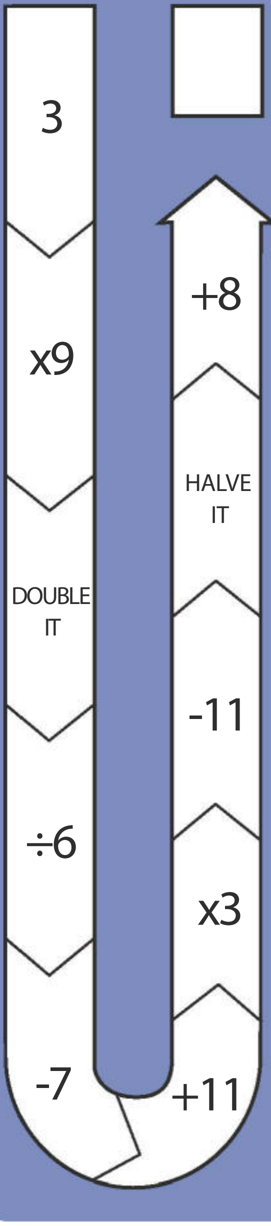
Can you guess what everyday object this super zoomed in photo shows?



ued...

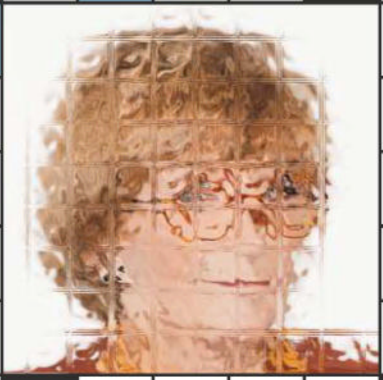
ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.



CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.

■	21	■	18	16	24	26	14	25	16	4	8	■	14	■
■	20	■	16	■	■	21	■	10	■	■	25	■	16	■
18	25	2	11	■	16 A	9	20	23	2	■	22	23	9	19
■	5	■	15	■	17 M	■	■	3	■	■	12	■	13	■
18	21	15	■	■	10 P	4	23	17	■	6	■	11	25	19
16	■	18	21	14						3	24	21	■	2
7	■	23	■	16						16	■	9	■	16
18	16	8	21	4						4	16	1	21	8
25	■	8	■	19						4	■	23	■	8
4	■	2	23	21						12	21	9	■	21
5	21	12	■	8	■	6	3	23	22	■	■	19	3	9
■	7	■	24	■	■	3	■	■	25	■	24	■	9	■
13	16	10	21	■	8	23	9	19	25	■	15	26	23	9
■	1	■	21	■	■	21	■	21	■	■	16	■	25	■
■	15	■	17	21	9	15	16	2	23	15	12	■	9	■

~~A~~ B C D E F G H I J
K L ~~M~~ N O ~~P~~ Q R S
T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
									P			
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
		A	M									

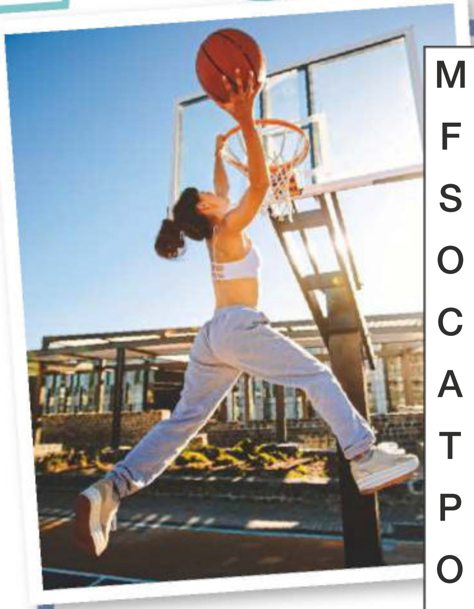
18 16 24 ■ 16 ■ 1 26 23 1 5 21 9 ■ 19 3 15 15 21 4

23 9 ■ 15 26 21 ■ 11 16 17 23 2 12 ■ 14 3 24 23 9 21 24 24

Pictures Shutterstock

Continued over the page...

Puzzles contin



COURT CASE

Jump into the game and see if you can throw some hoops around these basketball words.

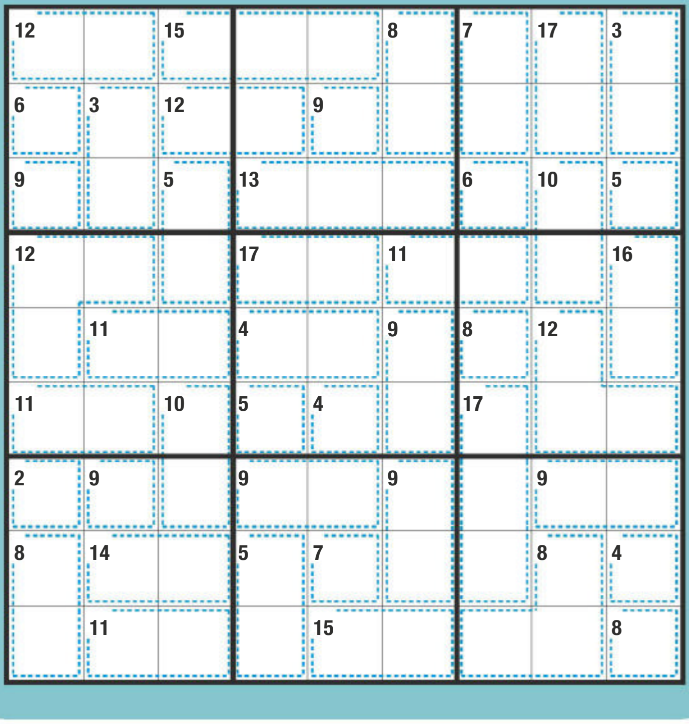
M	F	Q	B	I	E	L	C	R	I	C	E	R	T	N	E	C	R	E	Z
F	D	N	U	O	B	E	R	H	H	T	U	S	V	S	J	Y	X	G	R
S	R	E	D	A	E	L	R	E	E	H	C	D	A	E	H	R	E	V	O
O	S	E	T	I	E	R	C	E	O	S	D	N	R	E	H	F	I	S	T
C	L	O	E	P	E	K	U	O	F	D	T	E	S	W	L	I	P	E	I
A	O	C	P	T	E	T	N	H	V	E	C	P	L	E	G	E	N	L	E
T	N	I	O	P	H	A	O	R	T	E	R	O	A	C	N	L	R	B	P
P	K	O	S	L	O	R	N	U	I	R	R	U	I	S	I	D	M	I	T
O	H	L	J	R	Y	N	O	V	E	S	D	T	C	C	S	G	V	R	T
S	O	N	I	U	D	E	E	W	E	N	S	O	I	F	F	O	P	I	T
S	O	E	O	M	M	R	A	N	F	L	I	F	F	M	T	A	O	A	G
E	P	S	T	I	O	P	I	T	T	V	I	B	F	F	E	L	N	S	P
S	L	U	T	N	T	L	B	L	E	R	D	O	O	F	F	E	N	C	E
S	A	A	D	H	E	A	U	A	S	P	T	U	O	U	R	C	A	K	I
I	Y	N	R	D	G	M	L	G	L	M	L	N	E	C	N	E	F	E	D
O	M	C	I	U	R	R	E	O	B	L	I	D	Y	S	E	C	O	L	D
N	A	S	B	A	A	S	T	V	I	R	L	S	E	A	I	W	E	T	A
H	K	F	B	O	T	N	A	N	O	V	L	T	S	N	R	I	D	I	P
E	E	L	L	I	U	B	E	A	R	M	E	N	C	M	H	G	T	C	E
I	R	S	E	O	E	T	U	T	I	T	S	B	U	S	N	E	R	A	D

BOUNCE
CENTRE CIRCLE
CHECK
CHEERLEADERS
CHEST PASS
DEFENCE
DRIBBLE
FIELD GOAL
FOUL LINE
FREE THROW
HOOP
JUMP BALL
MOVEMENT
OFFENCE
OFFICIALS
OPPONENT
OUT OF BOUNDS
OVERHEAD
OVERTIME
PIVOT
PLAYMAKER
POINT
POSSESSION
REBOUND
RECEIVER
REFEREE
RELEASE
SHIELD
SHOOTER
SIDELINES
SUBSTITUTE
TARGET
TIME OUT
TIP-OFF
VIOLATION

ued...

KILLER SUDOKU

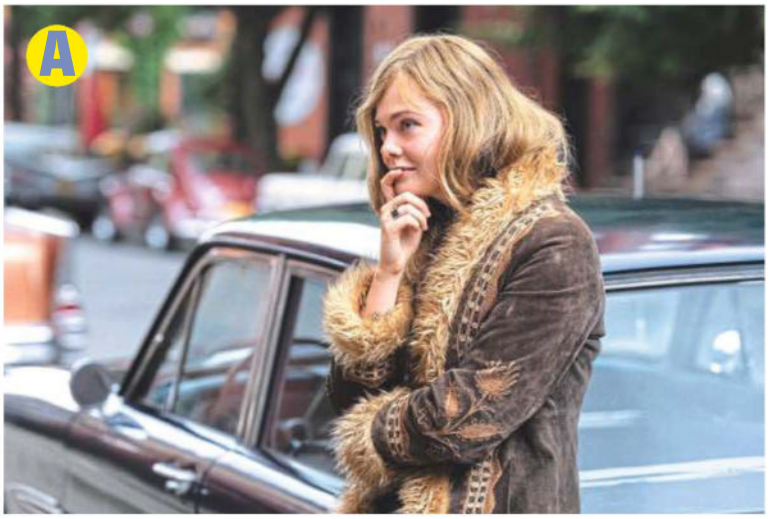
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

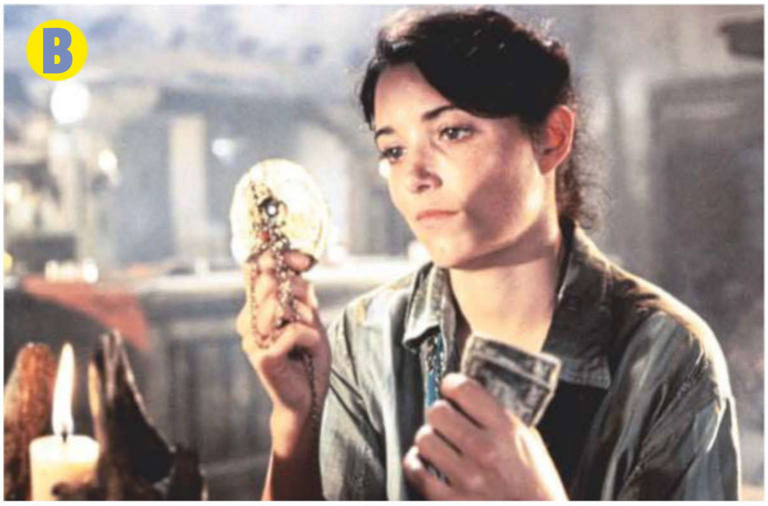


12		15			8	7	17	3
6	3	12		9				
9		5	13			6	10	5
12			17		11			16
	11		4		9	8	12	
11		10	5	4		17		
2	9		9		9		9	
8	14		5	7			8	4
	11			15				8

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?

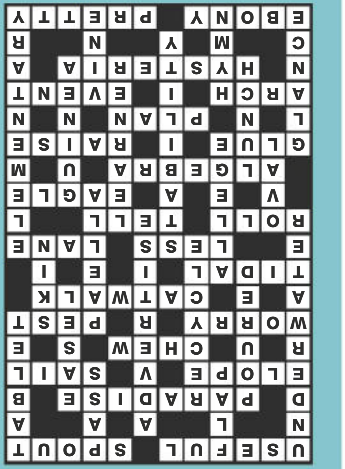




Pictures Shutterstock

THIS WEEK'S SOLUTIONS

BITS & PIECES



U	S	E	F	U	L		S	P	O	U	T
N			L			A		A			A
D		P	A	R	A	D	I	S	E		B
E	L	O	P	E		V		S	A	I	L
R		U		C	H	E	W		S		E
W	O	R	R	Y		R		P	E	S	T
A		E		C	A	T	W	A	L	K	
T	I	D	A	L		I		E		I	
E			L	E	S	S		L	A	N	E
R	O	L	L		T	E	L	L			L
	V		E		A		E	A	G	L	E
	A	L	G	E	B	R	A		U		M
G	L	U	E		I		R	A	I	S	E
L		N		P	L	A	N		N		N
A	R	C	H		I		E	V	E	N	T
N		H	Y	S	T	E	R	I	A		A
C			M		Y			N			R
E	B	O	N	Y		P	R	E	T	T	Y

GUESS THE CELEB

A Margaret Qualley
B Michael Douglas

WHAT ON EARTH?

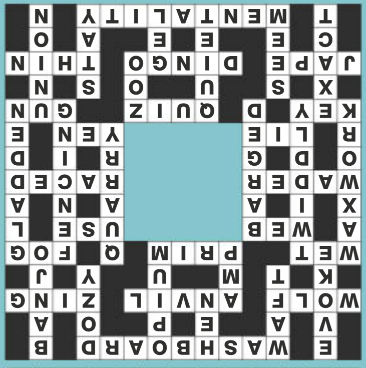
Tongue cleaners

ROUND SUM

22

CODEBREAKER

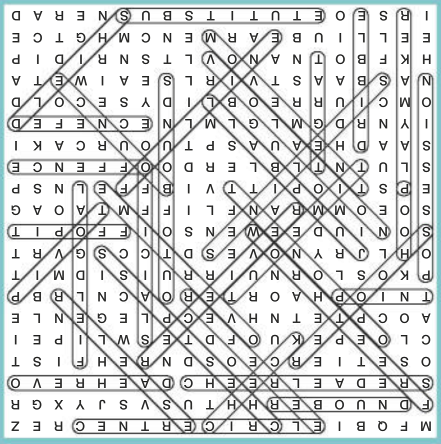
1	2	3	4	5	6	7	8	9	10	11	12	13
C	L	U	R	K	Q	X	D	N	P	F	Y	J
14	15	16	17	18	19	20	21	22	23	24	25	26
B	T	A	M	W	G	V	E	Z	I	S	O	H



	E		W	A	S	H	B	O	A	R	D		B	
	V		A			E		P			O		A	
W	O	L	F		A	N	V	I	L		Z	I	N	G
	K		T		M			U			Y		J	
W	E	T			P	R	I	M		Q		F	O	G
A		W	E	B						U	S	E		L
X		I		A						A		N		A
W	A	D	E	R						R	A	C	E	D
O		D		G						R		I		D
R		L	I	E						Y	E	N		E
K	E	Y		D		Q	U	I	Z			G	U	N
	X		S			U			O		S		N	
J	A	P	E		D	I	N	G	O		T	H	I	N
	C		E			E		E			A		O	
	T		M	E	N	T	A	L	I	T	Y		N	

Celebrity Anne Robinson **Fact** Was a chicken gutter in the family business.

WORDSEARCH



M	F	Q	B	I	E	L	C	R	I	C	E	R	T	N	E	C	R	E	Z
F	D	N	U	O	B	E	R	H	H	T	U	S	V	S	J	Y	X	G	R
S	R	E	D	A	E	L	R	E	E	H	C	D	A	E	H	R	E	V	O
O	S	E	T	I	E	R	C	E	O	S	D	N	R	E	H	F	I	S	T
C	L	O	E	P	E	K	U	O	F	D	T	E	S	W	L	I	P	E	I
A	O	C	P	T	E	T	N	H	V	E	C	P	L	E	G	E	N	L	E
T	N	I	O	P	H	A	O	R	T	E	R	O	A	C	N	L	R	B	P
P	K	O	S	L	O	R	N	U	I	R	R	U	I	S	I	D	M	I	T
O	H	L	J	R	Y	N	O	V	E	S	D	T	C	C	S	G	V	R	T
S	O	N	I	U	D	E	E	W	E	N	S	O	I	F	F	O	P	I	T
S	O	E	O	M	M	R	A	N	F	L	I	F	F	M	T	A	O	A	G
E	P	S	T	I	O	P	I	T	T	V	I	B	F	F	E	L	N	S	P
S	L	U	T	N	T	L	B	L	E	R	D	O	O	F	F	E	N	C	E
S	A	A	D	H	E	A	U	A	S	P	T	U	O	U	R	C	A	K	I
I	Y	N	R	D	G	M	L	G	L	M	L	N	E	C	N	E	F	E	D
O	M	C	I	U	R	R	E	O	B	L	I	D	Y	S	E	C	O	L	D
N	A	S	B	A	A	S	T	V	I	R	L	S	E	A	I	W	E	T	A
H	K	F	B	O	T	N	A	N	O	V	L	T	S	N	R	I	D	I	P
E	E	L	L	I	U	B	E	A	R	M	E	N	C	M	H	G	T	C	E
I	R	S	E	O	E	T	U	T	I	T	S	B	U	S	N	E	R	A	D

KILLER SUDOKU

4	8	7	6	2	5	3	9	1
6	1	5	7	9	3	4	8	2
9	2	3	8	1	4	6	7	5
1	4	2	9	8	6	5	3	7
7	5	6	1	3	2	8	4	9
8	3	9	5	4	7	1	2	6
2	9	1	4	5	8	7	6	3
3	6	8	2	7	1	9	5	4
5	7	4	3	6	9	2	1	8

GUESS THE MOVIE

A A Complete Unknown
B Raiders of the Lost Ark

*NB for Prize Puzzles information, see page 53

GOING UNDERGROUND!

These celebs aren't too A-list to use the Tube

NIALL HORAN
'Tube selfie!' Niall shared after dusting off his Oyster card. The One Direction singer, 31, couldn't resist taking a photo when he jumped on, with fellow travellers oblivious to the star.

GEORGIA TOFFOLO
London resident 'Toff', 30, is no stranger to hopping on the London Underground, taking the Tube to the NTAs in 2019 and 2020. She'd definitely win the award for most stylish commuter!

FULHAM BROADWAY
U.S.-R.L.

JAMES BLUNT
The *You're Beautiful* singer, 51, travelled by public transport to his own gig at London's O2 Arena earlier this month – and went unnoticed by his fellow commuters during the '37-minute' journey.

AMANDA HOLDEN
'Only way to travel!' said the *Britain's Got Talent* judge, 54, who caught the Jubilee line to the National Television Awards in 2015, after getting caught in 'hideous' traffic.

RIHANNA
The singer, 37, happily posed for pictures when she took the London Underground to her O2 Arena show in 2011. The singer 'always wanted to go on the Tube', a fan shared.

STOCKWELL
Money
dinin

NAOMI CAMPBELL
Mind the supermodel! Naomi, 54, surprised commuters when she danced to Charli XCX's hit *360* on the Victoria line last June. 'It doesn't get more iconic than that,' a fan said.

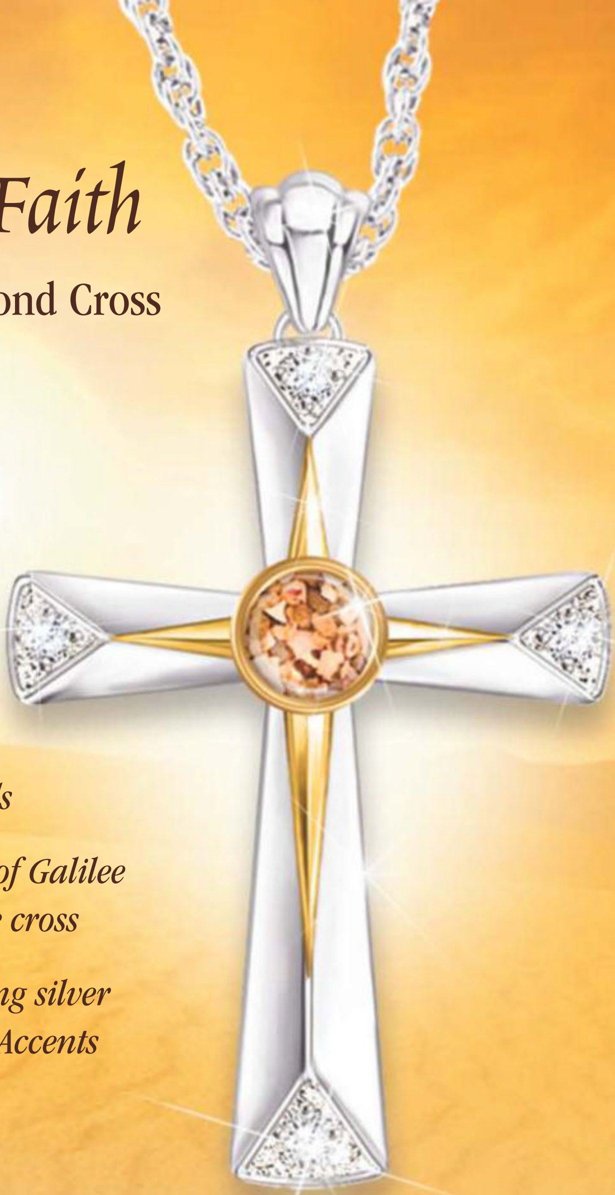
THE WALESES
Prince William, 42, and Kate Middleton, 43, were among the first travellers to test the London Underground's new Elizabeth line – named after Wills' late grandmother – in May 2023. Looks like they blended right in!

By Shereen Low. **Pictures:** Instagram, PA, Alamy, Twitter

Grounded In Faith

Holy Land Sand & Diamond Cross

Genuine
Sand from the
Holy Land



4 genuine diamonds

Real sand from Israel's Sea of Galilee Beach at the centre of the cross

Handcrafted in solid sterling silver with 18-carat gold-plated Accents

With God All Things Are Possible

Inspiring Sentiment
Finely Engraved On Back

Carry a special piece of history, along with the unconditional love and endless possibilities that the Lord brings to our lives, when you wear our *'Grounded In Faith' Holy Land Sand & Diamond Cross*. Available only from The Bradford Exchange, this inspirational jewellery exclusive allows you to keep your faith close to your heart with real sand from the Holy Land. This beautiful cross is handcrafted of solid sterling silver with 18-carat gold-plated accents; at the centre is genuine sand from Israel's Sea of Galilee beach. The shimmering arms of the cross are individually hand-set with a sparkling genuine diamond – a total of 4 diamonds in all! Every cross is individually unique, just like your personal relationship with Christ. No two crosses are alike! The reverse side is finely engraved with *'With God All Things Are Possible'* and a matching 18" chain completes the look.

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Matching chain measures 18 inches (45.7 cm) in length

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